Easy Weeknight Dinner Plan | THE AWESOME POWER OF SINGLE WOMEN

CHÂTELAINE

Your Guide to AGELESS SKIN p33

52 TIPS, TRICKS & HACKS

Organize Everything*

NEW USES FOR EVERYDAY OBJECTS p50

Pretty and practical.

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*ON THE OTHER HAND...

THE BENEFITS OF BEING LAZY

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CHRISTY TURLINGTON-BURNS

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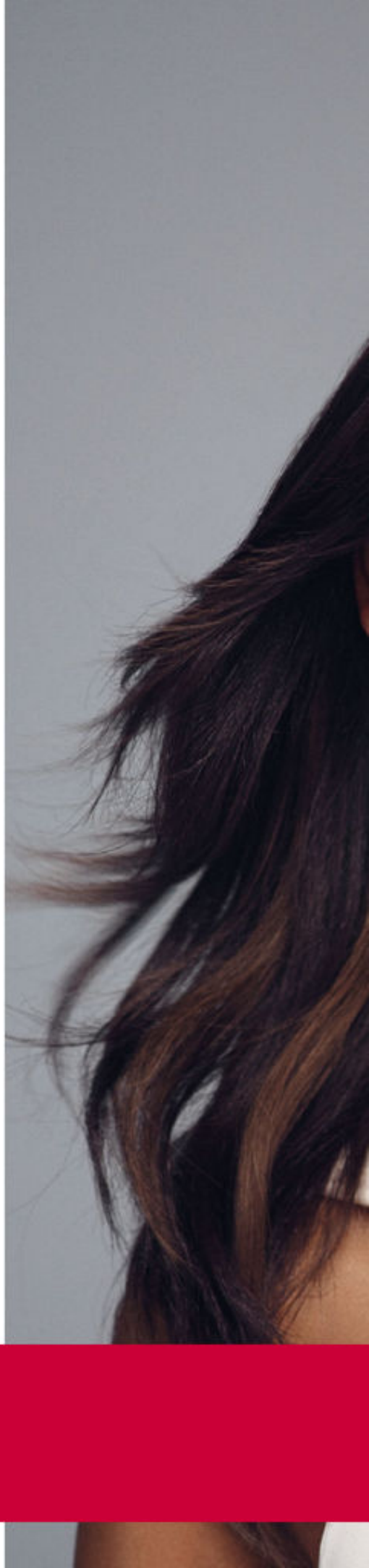

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BLOODY MARIA WITH SRIRACHA AND LIME

INGREDIENTS

1 cup (250 mL)	PC® Black Label Sriracha Bloody Mary Mix
3 tbsp (45 mL)	good-quality tequila
2 tsp (10 mL)	fresh lime juice
1	mini cucumber spear (quartered lengthwise)
1	large sprig fresh coriander
1	lime wedge
2	small cooked shrimp (21-30 count), threaded onto small skewer

INSTRUCTIONS

1. Fill cocktail shaker half full with ice. Add Bloody Mary mix, tequila and lime juice. Place lid on shaker and shake vigorously for 30 seconds.
2. Fill highball glass half full with ice. Strain cocktail shaker contents into glass. Garnish with cucumber spear, coriander, lime wedge and shrimp skewer.

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All systems go

Where your keys live or how you store your shoes may seem like a trivial thing. But organization is about so much more than putting the right objects into the right drawers. Tidiness, or lack of it, can speak volumes about how a person operates in the world: how she thinks, what she values and how sensitive she is to her environment. I am, by nature, not a tidy person. I make piles—of papers, clothing, toys, you name it. After a while, I stop seeing the piles and they become as much a part of my space as the dresser or table they conceal—until the spell breaks (often because I can't find my desk). That's when the frenzied exorcism begins and all surfaces are cleared for the next round of piles.

I've always admired those who live very pared-down lives, with airy, carefully curated bookshelves that aren't jammed with every paperback that ever passed under their nose. I'm dazzled by that sort of discipline. Clearly, I'm not alone. The recent runaway success of Marie Kondo's *The Life-Changing Magic of Tidying Up* and her new follow-up, *Spark Joy,* indicates a lot of us are longing for simplicity, order and less (but, ideally, higher-quality) stuff.

Scientifically, the jury is still out on whether a messy person can ever really transform into a neat person. For those of us who seem to be hard-wired for clutter, there is some solace to be found in recent psychology studies from the University of Minnesota, which suggest a messy office can promote creative thinking. Still, the benefits of being organized aren't just the obvious esthetic and practical ones: Studies have linked orderliness to better health choices and general well-being.

The good news: No matter how you're wired, there are systems you can put in place—even if you're a piler like me—to set yourself up for organizational success (page 54). You might also find inspiration this month in "The Joy of Simple" (page 60), about a Winnipeg couple's minimalist dream home, designed to contain only things that are beautiful, meaningful and useful. In keeping with the spirit of simplicity, the Chatelaine Kitchen highlights braised dishes in this issue (page 104)—meals that are hearty, comforting *and* cooked in a single pot for maximum efficiency.

And when you're done getting organized, skip over to "In Defence of Laziness" (page 75), because it turns out that well-timed slothfulness not only can be productive—it can have real health benefits too. It's encouraging to know that, sometimes, the winning strategy is simply to not try so hard.

Lianne

Lianne George
letters@chatelaine.rogers.com

MISCELLANEOUS THINGS WE LEARNED THIS MONTH

How memories are encoded.
P 72

Statement bags keep getting tinier.
P 42

You can braise celery, but braising zucchini is ill-advised.
P 110

A low-frustration way to organize your spices.
P 56

GEORGE PHOTO: REYNARD LI

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notebook

What to read, watch, do and love this month

sucre bleu!

March is prime season for the hundreds of sugar shacks in Quebec

FIRST THING

Tap into our sweetest tradition

What can't maple syrup do? It's great on pancakes, has anti-inflammatory properties and makes for a sweet-smelling lip balm. No wonder it's so coveted: In late 2015, 25 Quebec thieves were tried for stealing $18 million worth of syrup. Sound like a Hollywood heist flick? The rights have already been sold.

1. *Smoky Maple Tea, $7, pluckteas.com.* 2. *Maple Brown Sugar Caramels, $7, squishcandies.com.* 3. *Bite Beauty Maple Agave Lip Mask, $30, sephora.ca.*

photographs **ERIK PUTZ**

Age 39
Occupation Visual artist
Lives Winnipeg
Loves Glitter, polymer clay and outdoor music festivals

MS. CHATELAINE

Sarah Anne Johnson

This Winnipeg visual artist has big, bold ideas about where photography can go

By **SAMANTHA EDWARDS**

Sarah Anne Johnson likes to joke that she approaches her art like a typical diplomat. "I always see both sides. Whenever I come up with an idea, I want to show it from at least a couple of different perspectives." In her work, that translates to slathering photographs in technicolour glitter, choreographing strange modern dances and building surreal dioramas. "Maybe it's a bit of ADD," Johnson says. "But part of what I love about art is seeing what these hands can do."

Both the Canadian and international art worlds think those hands can do plenty. The Guggenheim Museum in New York, the Art Gallery of Ontario in Toronto and Ottawa's National Gallery of Canada have all shown her work. And last year, she was shortlisted—for the second time—for the Sobey Art Award, the country's most prestigious prize for homegrown artists under 40.

Johnson's original focus, though, was theatre: She studied acting in New York in the early '90s, returning to Winnipeg three years later, unemployed. Her parents urged her to enrol in a few university classes, so she signed up for art courses. "They were like, 'That's your backup plan? Fine art?!'" Since then, she has hitched a ride on an Arctic sailing ship for her haunting photo series "Arctic Wonderland" and built an illuminated fireworks sculpture for the Winnipeg Art Gallery's centennial.

For the 2015 Sobey, Johnson created *Hospital Hallway*, a claustrophobic, disorienting space where viewers feel a loss of body and mind. It was inspired by her grandmother's connection to the U.S. Central Intelligence Agency's mind-control program MKUltra, where dangerous experiments were performed on unaware American and Canadian patients in order to develop new interrogation techniques. In the 1950s, Johnson's grandmother sought treatment for postpartum depression; instead, she was subjected to LSD injections and electric shock treatments. Three decades later, she spearheaded a class action lawsuit against the CIA. "It's a really important piece of Canadian history and my family history," Johnson says.

While working on *Hospital Hallway*, Johnson was also finishing "Field Trip," a photo series about the outdoor music festivals she attended in her 20s. In the photographs, showing this month at the McMichael gallery in Kleinburg, Ont., trees and lakes turn fluorescent purple and turquoise with a little help from Photoshop, while festival-goers are sprinkled with glitter and painted with cartoon faces. It points to her decision, made early in her career, never to let the limitations of photography stop her from creating the art she dreams up. "I didn't want to only be able to take photographs. I just wanted to make work all the time: whatever, whenever, wherever."

photograph **SIAN RICHARDS**

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THE CHECKLIST

Five things on our radar this month

FILM

COMEBACK CORNER

Name
Nia Vardalos

You know her from
her 2002 semi-autobiographical blockbuster hit, *My Big Fat Greek Wedding*.

You barely thought about her till
she co-wrote and starred in the 2009 romcom *My Life in Ruins*, reportedly the first American film shot at the Acropolis.

And then again when
she published a memoir, 2014's *Instant Mom*, about her journey to become an adoptive parent.

Now she's back
with the big fat follow-up *My Big Fat Greek Wedding 2* (in theatres Mar. 25).

Odds of success
6/10

"She depicts herself as a sort of Tina Fey character."—From the *New York Times* review of Kim Barker's 2011 memoir.

FILM

Battle lines

Tina Fey won our hearts as a fake journalist, heading the anchor desk on *SNL*'s "Weekend Update" for six glorious seasons. Now, in a curious case of art imitating lifelike satire, Fey returns to the role of no-nonsense newshound—but this time, she's in the field. In *Whiskey Tango Foxtrot*, a darkly funny film based on the acclaimed memoir of war correspondent Kim Barker, Fey balances high-stakes reporting with late-night revelry in the chaos of embattled Afghanistan.

In theatres Mar. 4.

MUSIC

Strings attached

In the past year, Sarah Neufeld has played violin with Arcade Fire, released an album with her saxophonist beau and run her own yoga studio in New York. Amid all that, she's somehow found time to make *The Ridge*, a mesmerizing solo record that's a swirl of strings, percussion and vocal echoes.

Out Feb. 26.

ART

Do the mash

The Vancouver Art Gallery is dedicating four floors (yep, floors, not rooms) to its ambitious new exhibition, *MashUp: The Birth of Modern Culture*, an exploration of boundary-smashing work from the 20th century (and beyond).

Feb. 20 to June 12.

TELEVISION

How to get away with a hit

Shonda Rhimes is the current queen of prime time dramas. With her latest, *The Catch*, set to premiere Mar. 24, here's a look at the elements that make every Shonda show a success.

An outwardly scrappy but secretly vulnerable female lead...
Alice (Mireille Enos) busts fraudsters for a living but isn't immune to being conned herself.

...gets burned by her shady sweetheart...
Alice's fiancé, Kieran (Peter Krause), is a career swindler who supports himself with ill-gotten funds.

...who just happens to be in the same highly specialized field...
Did we mention financial fraud?

...which means their professional and personal fortunes are intertwined
While she strives to snag crooks, Alice is also on the hunt for her crooked fiancé.

VARDALOS PHOTO, CHARLEY GALLAY/GETTY IMAGES ENTERTAINMENT. ENOS PHOTO, RICHARD CARTWRIGHT/GETTY IMAGES. KRAUSE PHOTO, NBC NEWSWIRE/GETTY IMAGES. MONEY AND HANDCUFFS PHOTOS, ISTOCKPHOTO.

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THE BIG READ

Beasts of burden

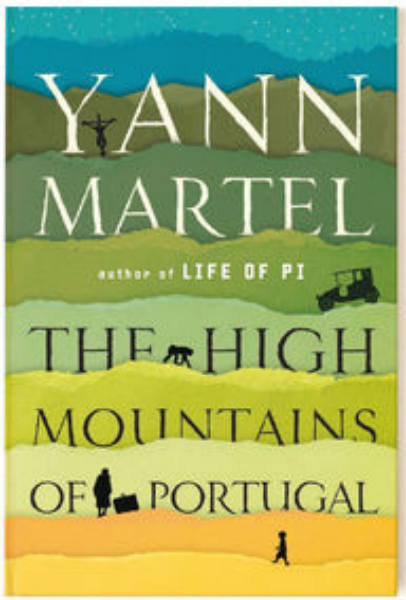
Yann Martel examines three very different men in three very different times to show how grief unlocks something fierce in us all

By RACHEL GIESE

Yann Martel, the Canadian author of the 2001 bestseller *Life of Pi*, once explained that he uses animal characters in his novels because "they help suspend my reader's disbelief." Pi's shipmates, of course, were furry and four-legged, and a taxidermied donkey and monkey appeared in 2010's *Beatrice and Virgil*, in which a writer named Henry (serving as a stand-in for the author) championed unusual characters like "rhinoceros dentists." Why? Because "we have certain ideas about dentists. We don't have many ideas about rhinoceros dentists."

True to form, there are a few chimpanzees and a bear in Martel's latest book, *The High Mountains of Portugal*, as well as a brief appearance by an extinct Iberian rhinoceros (no mention, though, of a dental practice). But the animals central to Martel's concern this time around are human men gone wild with grief.

Divided into three sections ("Homeless," "Homeward" and "Home"), the story is told in a trio of intersecting narratives. The first, set in 1904 Lisbon, finds upper-class and eccentric Tomás reeling from the deaths—all in the same week—of his mistress, their young son and his father. In need of escape, he sets out in a borrowed Renault, one of the first cars to travel the bumpy back roads of Portugal, searching for a potentially valuable crucifix carved by a 17th-century priest. The next tale picks up 35 years later, when another man in mourning, a pathologist whose wife may have been murdered, has a deeply strange encounter with a woman who appears in his office with her dead husband stuffed in a suitcase and demands an impromptu autopsy.



Characteristically weird and fantastical, the novel demands the reader's trust that these disparate threads will knit together into a coherent whole.

Lastly, in the early 1980s, a recently widowed Canadian senator adopts a chimpanzee on a half-mad whim while visiting an animal sanctuary, then abandons his job and relocates to his ancestral village in rural Portugal, with the creature in tow.

Characteristically weird and fantastical, the novel demands the reader's trust that these disparate threads will knit together into a coherent whole. A bit of patience is required. Sometimes Martel overindulges in whimsy—Tomás walks everywhere backwards, for instance, an unnecessary quirk—and the surreal middle story, while effective, doesn't entirely fit the tone of the other more straightforward narratives. But some confusion is to be expected, since Martel aims to articulate what is often impossible to explain: the existence of God and nature, the senselessness of dislocation and death.

Ultimately, Martel pulls his three stories together through neatly placed clues, much like the Agatha Christie mysteries so adored by the pathologist and his late wife, for a thoughtful meditation on the struggle to stay human when all that we love and all that is familiar is taken from us. In *The High Mountains of Portugal*, as in *Life of Pi*, he reveals the thin shell of civilization that covers the beast beneath, and shows how swiftly trauma and pain can make us revert to our animal selves.

The High Mountains of Portugal, Yann Martel, $32.

New on the shelves

CLARKE PHOTO, DEPARTMENT OF ENGLISH, HARVARD UNIVERSITY.

- In ***The Motorcyclist*** **($33),** novelist George Elliott Clarke follows a rider through Halifax's back roads and bedrooms.
- A mathematician tries to be a less-than-terrible dad in Ethan Canin's ***A Doubter's Almanac*** **($36).**
- Peggy Orenstein takes a level look at ***Girls & Sex*** **($34).**
- A wry study of exes and modern love, Leanne Shapton's ***Was She Pretty?*** **($23)** is out in a gorgeous reissue.
- ***In Other Words*** **($30)** charts Jhumpa Lahiri's love affair with the Italian language.
- Belinda McKeon's ***Tender*** **($33)** sifts the consuming friendship of two Dubliners.
- Debut novelist Cynthia D'Aprix Sweeney conjures up a charmingly dysfunctional quartet of siblings in ***The Nest*** **($34).**

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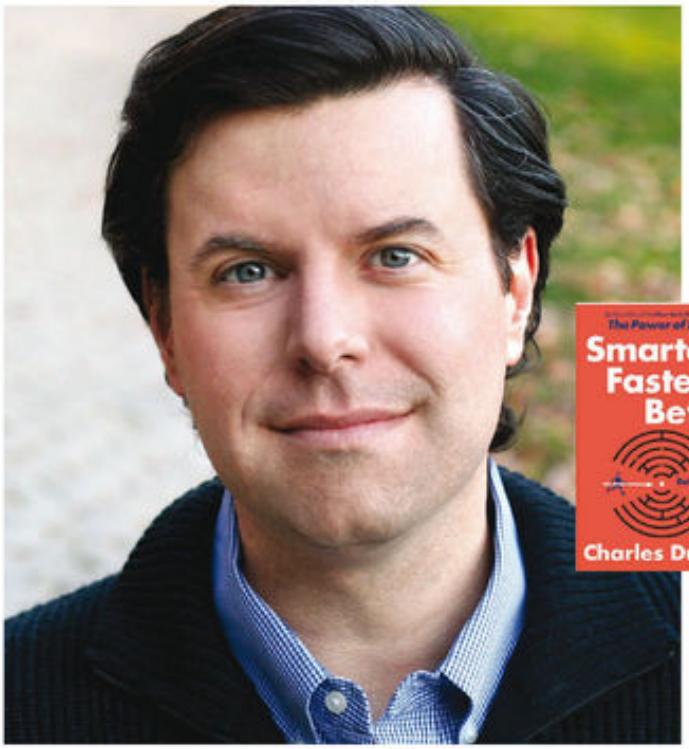


ASK AN AUTHOR

Charles Duhigg

On thinking more, doing less and the difference between being productive and being busy

By **KATIE UNDERWOOD**

Western society's fetish for productivity is running all of us ragged. In his new book, *Smarter Faster Better*, Pulitzer Prize–winning journalist Charles Duhigg shows readers not only how to get stuff done, but how to get it done well.

How do you define productivity? Prior to the Industrial Revolution, productivity meant owning tons of land and even people. Then the cotton gin and the assembly line were invented, and productivity changed from what you owned to how efficiently you used each hour of your time. Now we're asking people to redefine it once more: Is it about getting to inbox zero? Or is it about hitting delete on 75 percent of those emails because you realize you're training people to rely on you even more if you reply? **It seems that what many of us call being productive is actually just being busy.** It used to be that the busier you were, the more successful you were. In many ways, the true mark of success [now] is being able to not be busy. It's about being more deliberate about your choices.

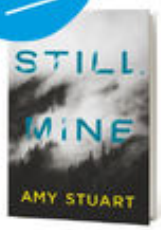
So it's less about getting stuff done than how we think about getting stuff done? Right. In reporting this book, I went to incredibly productive people and companies to ask what they do. One guy I talked to ate only once a day, but that's not broadly applicable. A trend emerged: When people daydream about what they want their day to look like, they train their mind to notice things they need to pay attention to and to ignore the things they don't.

I'm an office worker. What should I be daydreaming about? Create space during your morning commute to think about the coming day. Think about the meetings you'll have. Do you visualize which questions you'll ask first? Where do you think the conversation will go? The very act of thinking about their day tends to improve people's focus enormously.

In a way, we're transitioning from "think less, do more" to "think more, do less." Those who make better first choices don't waste as much time. One of my favourite lines is from [management guru] Peter Drucker, who said there's nothing more wasteful than making more efficient something that never should have been done in the first place.

Smarter Faster Better, Charles Duhigg, $35.

The Pocket Book Club



Still Mine
Amy Stuart, $25

In brief
A woman frantic to outrun her past winds up in a remote mining town, where a local girl's gone missing.

Themes
Secrets; guilt; class; desperation; the possibility of reinvention.

What to serve
Burgers and fries, and beer to break the ice.

Playlist pick
The Zombies' "She's Not There."

Opening question
"How are Clare and Shayna doubles of each other — and how are they different?"

Bonus trivia
Stuart is also a guidance counsellor at an alternative high school in Toronto.

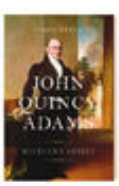
Mood Meter

3's A TREND

HAUNTED HOUSE GUESTS

The Man without a Shadow, Joyce Carol Oates, $35.

The Queen of the Night, Alexander Chee, $40.



John Quincy Adams, James Traub, $46.

DUHIGG PHOTO, ELIZABETH ALTER.

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**Consumer study on serum and cream only, January 2014. †Results not equivalent to a medical procedure, lin terms of look.

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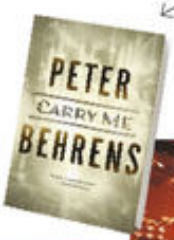
A NOVEL TAKE ON

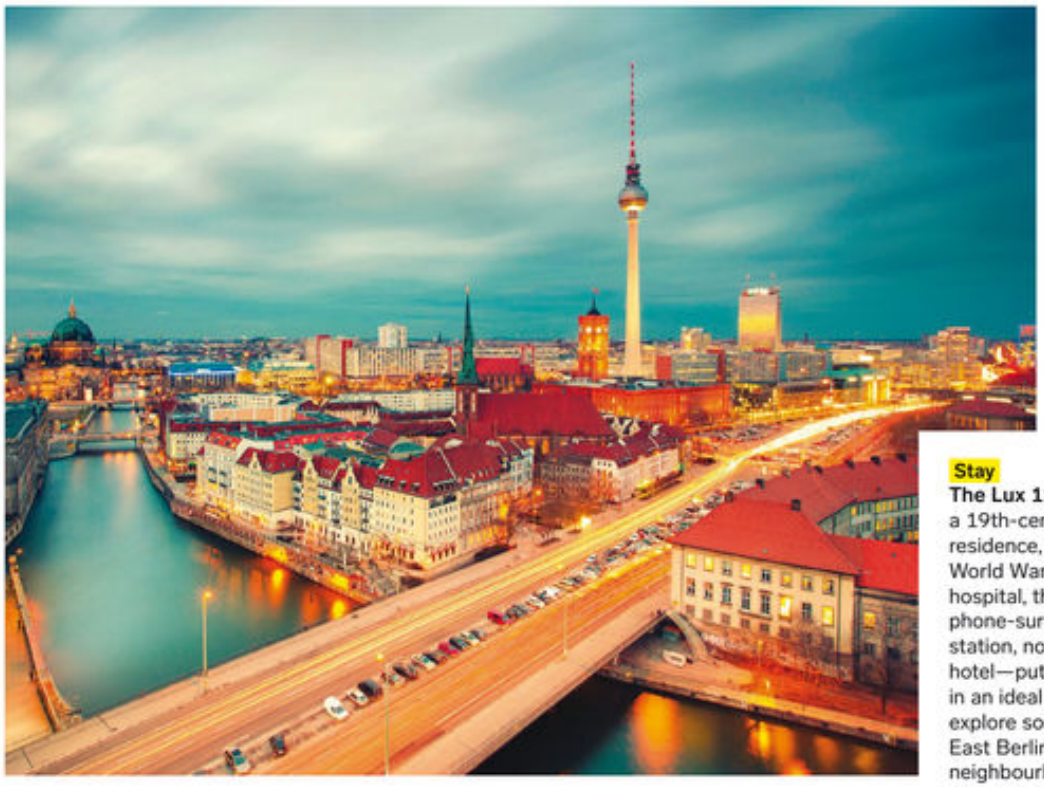
Berlin



The inspiration
Carry Me, Peter Behrens, $32.

Philharmonie

Mogg



Carry Me, the new novel from Peter Behrens, follows a Jewish boy's journey from his Isle of Wright upbringing to Ireland on the cusp of independence and then to Nazi Germany on the brink of war. It borrows heavily from the life of Behrens' own father, who was "deeply emotionally involved with Germany—so of course I resisted [visiting]," the author says. But after first seeing the capital in 2007, Behrens succumbed to "the sophistication and big-city flair that Berlin has rediscovered for itself." —**Danielle Groen**

Lux 11

Stay
The Lux 11—once a 19th-century residence, then a World War I military hospital, then a Stasi phone-surveillance station, now a sleek hotel—puts you in an ideal spot to explore some of East Berlin's loveliest neighbourhoods. Several rooms offer prime views of the TV Tower and city, so you can begin plotting your itinerary from bed. *Rooms from $240, lux-eleven.com.*

Eat
Behrens has been known to frequent the elegant **Cafe Einstein Stammhaus** near the Tiergarten, stocking up on coffee and warm apple strudel: "You can't beat it for old Berliner atmosphere." The deli **Mogg** is located in a former Jewish girls' school (closed by the Nazis in 1942) and serves tasty Jewish staples like slow-cooked pastrami, matzo ball soup and brûléed chicken-liver mousse. *cafeeinstein.com; moggmogg.com.*

Do
In 1963, two years after the wall went up, the **Philharmonie** opened at the edge of West Berlin; now it stands in the heart of the unified city. It's a spectacular building, inside and out, and filled with incredible music made by one of the best orchestras in the world. Behrens recommends the **Gemäldegalerie** museum, since "no one—I mean no one—goes there. The cool kids are over at the freshly renovated Neues Museum, where Nefertiti is." That means you'll have Old Masters like Caravaggio, Bruegel and Rembrandt all to yourself. *berliner-philharmoniker.de; smb.museum.*

179
NUMBER OF YEARS THAT PRATER GARTEN, BERLIN'S OLDEST BEER GARDEN, HAS BEEN SLINGING SUDS. *pratergarten.de.*

BERLIN PHOTO: MATTAIS MAKARINUS/GETTY IMAGES

Notable (plush) residents of Berlin

FROM LEFT *Albert Einstein, Mark Twain, J.S. Bach, from US$19, philosophersguild.com.*

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■ WHAT IS VOLUME LOSS?
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Cosmetic Surgery News

News from the world of cosmetic plastic surgery

Restylane® Instant, natural results - that last

As people age, skin begins to lose hyaluronic acid, which is responsible for maintaining moisture. It is this moisture that helps hydrate the skin and create facial volume. The decreased production of hyaluronic acid and collagen over time causes a loss of firmness, volume, and elasticity, often resulting in a sagging or more wrinkled facial appearance, and the visible signs of aging becoming more noticeable.

Restylane® resembles the body's own hyaluronic acid and is specifically formulated to add fullness for a more youthful look. The Restylane family of products may be used to add volume and fullness to the skin, add definition and restore facial contours, and correct fine lines, moderate-to-severe wrinkles, and folds.

In a clinical study, treating the lines from the nose to the corner of the mouth (laughlines), at least 94% of patients treated with Restylane injectable gel maintained results for up to 3 years[1] when they followed the Restylane Treatment Plan.

Over 20 million Restylane treatments worldwide
16+ years experience, 70+ countries, 80+ scientific publications

RESTYLANE.CA

[1]When using the Restylane Treatment Plan for the treatment of nasolabial folds with Restylane injectable gel, 94% of patients in clinical studies maintained results for up to 36 months from initial treatment when they had a follow-up treatment at 4.5 months or 9 months and 18 months. The maintenance of results using Restylane-L, Restylane Fine Lines-L, Perlane and Perlane-L injectable gels has not been studied. Data on file, Galderma Inc.

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www.plasticsurgeryinfo.ca

If you are considering plastic surgery then visit www.plasticsurgeryinfo.ca, a guide to cosmetic plastic surgery in Canada. There you will find a wealth of information on different plastic surgery procedures available. You can also view profiles of plastic surgeons from across Canada, including a map view to see who is located nearest to you.
Other features include patient recommendations and articles written by Canadian plastic surgeons.

Have a plastic surgery question?

Register on www.plasticsurgeryinfo.ca and post a question for a Canadian plastic surgeon to answer.

Celebrity Plastic Surgery

Do you like looking at celebrity photos and guessing 'did they or didn't they' have plastic surgery? If so, join the fun discussions on the following social media pages:
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www.twitter.com/psicanada

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Start today to make tomorrow more beautiful @ COVERGIRL.CA

Ellen is wearing Simply Ageless Instant Wrinkle Defying Foundation in Creamy Natural

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The new crop

Burt's Bees is planting some roots in your beauty bag this month, with its first all-natural lipstick. The formula is packed with moisturizing ingredients like raspberry-seed oil and vitamin E and comes in 14 awesome colours, ranging from bold scarlets to pretty nudes.

Burt's Bees lipstick, $10 each.

OFF-FIGURE STYLING, JEANIE LEE/PLUTINO GROUP.

photograph **ERIK PUTZ**

3's
A TREND

The trench coat is transformed with a few unexpected details

The evening topper
Airy mesh fabric with a floral embellishment makes the ideal trench for a night out.
$698, bcbg.com.

The layering piece
Last year's faded skinnies and a turtleneck? A sleeveless trench instantly refreshes basic items.
$50, dynamiteclothing.com.

The updated classic
Silky fabric means this trench drapes well, and the oversized pockets channel a utilitarian vibe.
Topshop, $145, theboy.com.

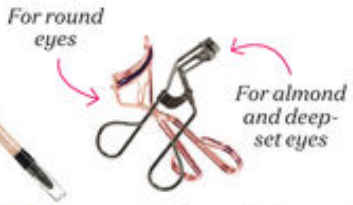
how to

Fake an 8-hour sleep

These little miracle workers will help you look bright-eyed, even when you feel anything but

Anti-puff patches
Firm, brighten and de-puff in the time it takes to drink a coffee, with these under-eye patches (just don't forget to take them off!).
Skyn Iceland Hydro Cool Firming Eye Gels, $33.

Brightening pencil
Banish redness and create the illusion of brighter eyes by applying a nude-coloured pencil along the lower waterline.
Lise Watier Smokey Kohl Velours in Nude, $21.



Custom curler
Available for almond or round eye shapes, these curlers will crimp your lashes and help keep you looking wide awake.
Tweezerman ProCurl and ProMaster Lash Curlers, $31 each.

Micro mascara
This mini mascara's teeny wand targets each and every lash for a wide-eyed effect that's soft, not spidery.
Marc Jacobs Beauty Feather Noir Ultra-Skinny Lash-Discovering Mascara, $29.

TRICK MOVE

Dry clean your makeup brushes

Instead of using a separate brush for every eyeshadow, use this handy dry sponge to remove pigment from your favourite brush. A quick wipe—without water—is all you need to switch from dark shadow to light without any colour transfer. The catch? It works only on dry products, not cream formulas.

Sephora Collection Colour Switch by Vera Mona Sponge Cleaner, $23.

THIS JUST IN

J.Crew Sunnies

Much like the perfect metallic pump or a blouse that's slouchy in all the right places, a pair of J.Crew's sunglasses are an excellent wardrobe staple. The debut collection includes classics like the Wayfarer, in translucent-and-tortoiseshell frames, and subtle cat-eye frames in charcoal or poppy red.

J.Crew sunglasses, $128–$168.

TRENCH PHOTO, ED KRATZ. WOMAN PHOTO, STEVE PREZANT/GETTY IMAGES.

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DEEP WRINKLES
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DEHYDRATION
DULLNESS
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*BASED ON CLINICAL STUDY, WHEN USED AS DIRECTED.

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JUVÉDERM®, a facial filler used by your cosmetic doctor, restores lost fullness, while smoothing out lines and wrinkles for a refreshed, rejuvenated you.

IT'S NATURAL LOOKING

Using hyaluronic acid, a naturally occurring sugar found in your body, you can instantly see natural-looking results that have been clinically proven to last up to two years.

GET A VIRTUAL MAKEOVER

JUVÉDERM® is the #1 doctor recommended facial filler in Canada and worldwide. Join the millions of people who enjoy their refreshed look. See what JUVÉDERM® can do for you by visiting juvederm.ca to get a virtual makeover.

Don't put it off any longer. Visit juvederm.ca to find a qualified doctor.

Actual results, not retouched.

In addition to JUVÉDERM®, this woman received a cosmetic injectable to treat the eye area and forehead. Actual treatment results may vary. For more product and safety information, and to find out if JUVÉDERM® is right for you, talk to your doctor or visit www.juvederm.ca.

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Everyone will notice but no one will know.*

Juvéderm®

Eye cream and SPF 30 are recommended daily at every age

AGELESS BEAUTY

Skin that glows

Your 20s may be behind you, but your best skin doesn't have to be. We went to the experts to find out which ingredients work best for each age, when to apply them and in what order. Here's your primer on phenomenal skin

By **DOMINIQUE LAMBERTON**

STYLING BY JEANIE LEE/ PLUTINO GROUP.

photograph **ERIK PUTZ**

30s

Add all-star antioxidants

You're in one of the busiest decades of your life, balancing career, family, a packed social calendar—and trying to fit in some time for yourself. "There's a lot going on, and free radicals are attacking every which way," says Régine Berthelot, lead esthetician with Caudalie in New York City. She stresses antioxidants, like moisturizing vitamin C, which protect against wrinkle-accelerating free radicals. "Antioxidants are like bubble wrap for your skin," she says. The occasional stress- and hormone-related breakout is also normal at this age, says Charmaine Cooper, education manager at Dermalogica Canada. To conquer clogged pores, she recommends purifying charcoal. "It targets blackheads and breakouts and improves skin's radiance," she says.

THE GOODS

Vitamin C serum

Serums go on first (after cleansing) because they have the smallest molecules and penetrate deep into the skin. This one absorbs quickly and protects against environmental stress. *Caudalie Polyphenol C15 Anti-Wrinkle Defense Serum, $66.*

Anti-fatigue moisturizer

Your daytime moisturizer is the protective barrier between your skin and the outside world. This antioxidant-rich gel formula defends against the daily signs of stress and lack of sleep for all-day hydration and radiance. *Garnier SkinActive Miracle Anti-Fatigue Wake-Up Hydra-Gel Moisturizer, $25.*

Charcoal treatment

At least once a week after cleansing (and up to four times, depending on your skin), apply this detoxifying and brightening mask for seven to 10 minutes. *Dermalogica Charcoal Rescue Masque, $60.*

Q: What's the one skincare product you can't live without?

Tracy Peart, 39
CITYLINE BEAUTY EXPERT

"Clinique's 3-Step Skin Care system for oily skin. It includes a cleanser, clarifying lotion and moisturizing gel. Three minutes twice a day and I'm done."

Janine Falcon, 47
BEAUTY BLOGGER

"My oily-ish, dehydrated complexion looks fresher and more youthful when I use Shiseido Ultimune Power Infusing Concentrate."

40s

Peptides are your secret weapon

By now you've probably noticed that your skin isn't as tight as it once was—perhaps it moves around a bit more when you apply your moisturizer. Cue the peptides. These chains of amino acids support the skin's structure, and if you haven't already added them into your lineup, it's time. Our skin readily absorbs them because they're just like the ones we naturally produce. Exfoliation should also be included in the mix in your 40s, since skin cells aren't shedding as regularly, making your complexion appear dull. "Plus, your moisturizer's not having an impact if it's just sitting on top of dead skin cells," Cooper says. If you're using a gentle rice formula, exfoliate every day, but if it's a cleansing brush or something with more aggressive grit, keep it to three times a week.

THE GOODS

Gentle daily exfoliator

Formulated for all skin types, this rice-based exfoliant with antioxidant-rich strawberries removes dead skin cells while cleansing. *Éminence Strawberry Rhubarb Dermafoliant, $48.*

Peptide-packed formula

The peptides in this hybrid gel-cream, formulated specifically for the eye area, are quickly absorbed for maximum firming benefits. *Olay Regenerist Micro-Sculpting EyeSwirl, $35.*

Reparative mask

Try this sheet mask once a week (leave it on for 10 minutes) to revitalize tired, parched skin. The inside layer releases an ultra-hydrating treatment while the foil exterior allows it to penetrate 25 times faster than a standard sheet mask. *Estée Lauder Advanced Night Repair Concentrated Recovery PowerFoil Mask, $88/pack of 4.*

Glossary **MICELLAR WATER** A no-rinse, soap-free water formula that removes makeup and cleanses. Typically replaces your face wash. **CLEANSING OIL** The oils in this type of cleanser cling to excess oil on the face, removing it along with impurities and makeup (even waterproof varieties). **ESSENCE** A lightweight liquid applied all over the face after cleansing to hydrate and prepare the skin for your regular regime. **SERUM** A lightweight formula with concentrated active ingredients that's applied after cleansing and before moisturizing for maximum anti-aging benefits.

SUPER YOUTH

Brighter, more polished skin could be just a few drops away. **The Body Shop Drops of Youth™ Cream and Concentrate** features three sustainably sourced and naturally resilient plant stem cells to help tighten pores, smooth lines and improves skin's bounce.

2016 TASTERS & TESTERS CHATELAINE

Can a skincare range change the look of your skin in 28 days?

Our *Chatelaine Tasters & Testers* blogger is taking the **Drops of Youth™** 28-Day Challenge to find out. Visit **chatelaine.com/dropsofyouthchallenge** to follow along as Jo-Anna Rooney puts the **Drops of Youth™** power duo to the test!

Jo-Anna Rooney
@aprettylife
/APrettyLifeinTheSuburbs

"I started the **Drops of Youth™** Challenge and already I love how my skin looks and feels! It finally feels like my skin is getting deep moisture that lasts all day! And my skin feels smoother and firmer since I have been applying the serum and cream combination every morning and night! I also love the light scent and texture of each product."

SKIN savers

1 Sun exposure can lead to wrinkles and hyper-pigmentation, as well as increase your risk of skin cancer. So be sure to use a broad-spectrum SPF year-round.

2 Don't forget to apply cream to the skin on your neck and chest, which also loses elasticity over time.

3 Always wash your face before bed, to remove impurities and allow your skin to restore itself while you sleep.

4 A swipe of bright, moisture-rich lipstick can re-energize your look.

5 The delicate skin around your eyes is the first area of the face to show signs of aging. Treat it to the extra TLC it needs with a targeted treatment.

Visit **The Body Shop** to start your own **Drops Of Youth™** Challenge. Change the look of your skin in 28 days **OR YOUR MONEY BACK***!

THE BODY SHOP.

*limited time only, some exclusions apply.

TREATMENT
SMOOTH 24/7

PANTENE 3 MINUTE MIRACLE

A deep conditioner that melts into hair, leaving nothing but smooth.

STRONG IS BEAUTIFUL™

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50+

Replenish your skin with oil

We'll start with the not-so-good news: After the age of 30, production of collagen (the protein that makes up your skin's structure) decreases by 1 percent each year. So by the age of 50, you've lost about 20 percent, says Cooper. The good news? The peptides in your regime are rebuilding and smoothing lines. You can help them out even more by adding vitamin A (or retinol), a natural exfoliator. "It's going to firm the skin, as well as help peptides do their job," Cooper says. If you're feeling particularly dry, that's normal—we lose oils as we age. "I tell clients to add a drop of oil to their moisturizer, especially in the colder months," says Olay global ambassador Anastasia Achilleos. If dark spots crop up (thanks to the carefree sun worshipping of decades past), look for a product that controls melanin production, the amino acid responsible for pigmentation.

THE GOODS

Refreshing essence

If you can't get enough moisture, apply this gentle essence after cleansing and before your serum. It sends hydration and antioxidants deep into your skin. *Elizabeth Arden Prevage Anti-Aging Antioxidant Infusion Essence, $120.*

Dark-spot corrector

This serum helps restore your natural production of melanin to correct existing dark spots and even out your natural skin tone, whether it's fair or dark. *Clarins Mission Perfection Serum, $68.*

Nightly serum-in-oil

This two-in-one product combines a nighttime serum with the oil your skin craves so you'll wake up with supple, nourished skin. *Biotherm Blue Therapy Night Serum-in-Oil, $75.*

Diana Carreiro, 50
MAKEUP ARTIST

"No matter how tired I am, I always wash my face at night. When I'm not up for my whole regime, I just wet the Original MakeUp Eraser with warm water—it removes all of my makeup and doesn't strip my skin."

EYE CREAM A moisturizing, often anti-aging formula designed specially for the thinner, more delicate area around the eyes. Use daily when you apply moisturizer. **REPLENISHING FACE MIST** A refreshing spray designed to revitalize your makeup and rehydrate your skin around the 4 p.m. slump.

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STRONG IS BEAUTIFUL™
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Cadbury Dairy Milk

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MARVELLOUS CREATIONS

NEW

STRAWBERRY COOKIE SUNDAE

INCLUDES NATURAL AND ARTIFICIAL FLAVOURS

STACK IT UP

A sturdy heel in any height is a key look this season. Colour-blocked styles or textured finishes keep it modern.

FROM TOP *$289, tigerofsweden.com. $225, rudsak.com. $550, mulberry.com.*

FRESH *picks*

When it comes to updating your look for spring, accessories and nails are the easiest places to start. From graphic jewellery to chunky heels (and the latest in DIY manis), we've rounded up the best ideas for the season

Photography by **ROBERTO CARUSO**
Manicures by **RITA REMARK**

NAILS, RITA REMARK/LEAD NAIL ARTIST ON ESSIE CANADA/PLUTINO GROUP

GET SHORTY

Forget your velvet-ribbon choker from the '90s: These necklaces sit on the collarbone, not the neck, creating a flattering look. The latest pieces have a subtle industrial feel thanks to metallic finishes and stones or semi-precious-jewel embellishments.

FROM TOP *$35, mango.com. $125, jenny-bird.com.*

BRING ON THE BANGLES Spring ushers in a minimalist approach to jewellery, with pieces that focus on design rather than dazzle. Pick a selection of bracelets with architectural details to accent your outfit. **CLOCKWISE** *Madewell, $36, shopbop.com. $37, curiousoddities.etsy.com. $63/set of 3, mygdesigns.etsy.com. $202, minouxjewelry.com.*

SMALL PACKAGES

A massive tote will always be handy, but the new mini bag packs a lot of punch. During the workweek, it makes a great lunch mate or power-shopping companion (especially with its hidden cross-body strap). At night, it's a compact alternative to the clutch.

FROM LEFT *$298, michaelkors.ca. $219, tedbaker.com. $128, roots.com. $330, mackage.com.*

Nail it!

This spring, nails get crafty. Here's how to DIY these looks

▲THE NEW NUDE
Using a nail-art striping tape, section off a few areas on bare nails, then apply two coats of **OPI Nail Lacquer in Be There in a Prosecco ($12).** Gently remove the tape while the polish is still wet. "The key is a crisp line so it looks deliberate," says manicurist Rita Remark.

▲MOTHER OF PEARL
Paint nails in a dark plum shade like **Essie Smokin' Hot ($10)** and apply a clear topcoat. While it's still wet, press a craft-store pearl or jewel onto the centre of the nail. "This is fun for a night out, but it won't necessarily survive cleaning the house the next day," says Remark.

▲ROSE QUARTZ
Apply **CND Vinylux Weekly Polish in Naked Naiveté ($13)** to the nail and wait until it's dry. Then, using a fine paintbrush from the dollar store, paint on thin squiggles in a dark colour like **Sally Hansen Miracle Gel in Rock On ($12)** to create the quartz texture. Layer on a metallic shade like **Essie No Place like Chrome ($10)** to add depth to your lines.

CLEAR YOUR OUTLOOK This season, eyewear moves from dark retro frames to clear Lucite styles. They offer all the appeal of classic plastic frames (plus plenty of flattering shapes) but in sleek, futuristic looks. **FROM TOP** *Kate Spade New York* ***watch,*** *$235, thebay.com.* ***Glasses,*** *$129, ca.bonlook.com. $542, cutlerandgross.com.*

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*in a clinical study.

REACH NEW HEIGHTS

With a few extra leg-lengthening inches, the comfort of kicks and loads of versatile looks, flatforms' perks are undeniable. Worn at the office or on weekend cottage jaunts, a pair instantly elevates your outfit.

CLOCKWISE *$285, prettyballerinas.ca. $798, stuartweitzman.ca. $50, callitspring.com.*

LET'S TALK ABOUT THE BENEFITS OF ANTIOXIDANTS

Antioxidants are nature's way of protecting your body against harmful free radicals. Whether you've heard the term "free radicals" before in chemistry class or through your own experience learning about anti-aging, you probably know that they're bad news for healthy skin.

You can find antioxidants in a whole host of forms, from food to skincare products to supplements. One of the most well-known antioxidants is Vitamin C. Research suggests its antioxidant properties can offer a wide range of benefits.

Antioxidants are most effective when used in combination with lifestyle changes designed to improve skin health like drinking plenty of water, reducing trans fats and adopting a skincare routine that fits your skin type.

SKIN TIP

Clearly, a bright idea.

Want to see bright, beautiful results? Use the targeted Dark Spot Corrector after cleansing and before your daily moisturizer. It improves uniformity for a more even-looking skin **in just one week** and visibly reduces the look of dark spots **in just two weeks**.

TALK ABOUT
ON-THE-SPOT RESULTS!

GARNIER SKINACTIVE
DARK SPOT CORRECTOR

TRIED & TESTED

Micellar Water

"By far the easiest and fastest makeup remover and cleanser I've ever used."

- Zilia C, 30

Clearly Brighter Moisturizer

I see improvement every day. My skin never looked better. I normally don't like the texture of moisturizers with SPF, but this one goes on so smooth."

- Ming N, 28

Dark Spot Corrector

"I thought my dark spots would be with me for life. This is the 1st product that actually made them fade. My skin looks more even than it ever has."

- Mylène B, 31

*Go to **garnier.ca** for real results from Canadian women.*

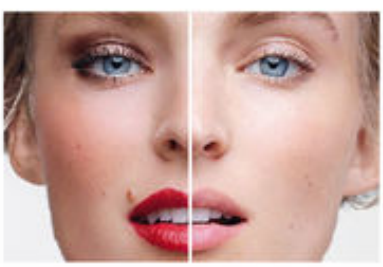
Proof

MICELLAR WATER WORKS

GET TO KNOW YOUR NEW FAVOURITE CLEANSER

What is it? Micellar Water is our breakthrough new all-in-1 cleanser that removes makeup, cleanses and refreshes skin in just one step.

How does it work? Micellar Water contains molecules called micelles that are designed to pick up makeup, dirt and impurities like magnets. They glide over skin, leaving it perfectly cleansed in one easy, gentle gesture.



Apply with a cotton pad and wipe in one direction. Even works on stubborn eye, lip and face makeup.

Is it safe for sensitive skin? In a word: yes. While rinsing with regular water can strip skin of moisture, Micellar Water actually leaves it feeling more hydrated. Plus, the micelles do all the work for you so you don't have to rub back and forth harshly.

Pro POV

"I've never seen a product that removes heavy makeup that easily. It blew my mind. I literally carry it with me at all times."

– Sonjdra, Makeup Artist & Vlogger

Garnier SkinActive Micellar Water

BEHOLD THE BEAUTY OF BLACK STAINLESS STEEL

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Kitchenaid.ca/new

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home

A colour-coordinated elastic band keeps the folder securely closed

We're fans

These beautifully designed accordion folders by Danish company Hay Design are a great incentive to keep yourself organized. Their ombré pleated pockets open like an origami flower and are ideal for cataloguing paperwork. Your tax receipts have never looked so good!

Folders, from $33, blackthumbdecor.com.

PROP STYLING, JEN EVANS.

photograph **ERIK PUTZ**

ORGANIZED OFFICE

Down to business

Maximize productivity with these stylish (and useful) finds

Shelf, $34, urbanoutfitters.ca.

Planner, $30, anthropologie.com.

Cable organizer, $14, bluelounge.com.

Desk, $100, ikea.ca.

15%

POTENTIAL INCREASE IN PRODUCTIVITY AFTER PLANTS ARE INTRODUCED INTO AN OFFICE, SAYS A 2014 STUDY IN THE *JOURNAL OF EXPERIMENTAL PSYCHOLOGY: APPLIED.*

NEW & HOMEWORTHY

Collection crush

Decorator and TV personality Samantha Pynn is launching an exclusive home-decor line with retailer Simons in mid-February. With bedding, bath and kitchen textiles in pretty colours and updated classic patterns, Pynn's line makes styling your home effortless.

Trick moves

Uncommon ways to use everyday items

STAPLE REMOVER
Slide a new key onto a chain with ease by opening the ring with a staple remover.

PAPER CLIP
To easily attach a bracelet, uncoil a paper clip into an S shape. Hook it through the last link and hold while you clasp.

KNEADABLE ERASER
Say goodbye to scuffs with a kneadable eraser found in art stores. Rub out marks on hardwood and tile floors.

RUBBER BAND
Keep the edges of your paint can fresh by placing a rubber band over it. Wipe excess paint from the brush onto the band.

TEXT, ALEXANDRA GATER. OFFICE PHOTO, HELEN BANKERS. OFFICE STYLING, THE DESIGN CHASER. ILLUSTRATIONS, CHRIS PHILPOT. PYNN PHOTO, TIM LEYES FOR RTR MEDIA. BED PHOTO, VIRGINIA MACDONALD. SUCCULENT PHOTO, ISTOCKPHOTO.

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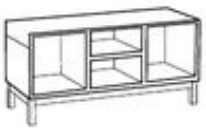
MINI MAKEOVER

First impression

Create a simple, stylish entryway by combining two off-the-shelf units with a few pieces of plywood. Finding a place for everything just got a little easier

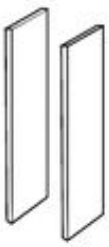
Store off-season gear in baskets up top until needed
Add a custom-upholstered cushion to create a place to put on shoes
$585
Cost of two units plus plywood, side panels and screws. Accessories not included.

You'll need:



Two basic storage units that fit your space.

A back panel. We used a sheet of ¾-inch plywood, which could be covered with tile, wallpaper or cork.



One or two side panels. (Ask your hardware store to cut the panels to size.)

Here's how:

1. Build the units according to instructions. Modify as needed. (We removed the feet from our upper unit.)

2. Place the units face down on the floor and attach the plywood backing with screws.

3. Flip the fastened units to one side and attach a side panel with screws. Repeat on the other side if desired.

4. Lift the entire unit off the floor and hold in place. Secure to the wall with brackets.

Contractor, *Reno by Gueno, 416-841-7584.* ***Storage units, basket boxes,*** *ikea.ca.* ***Fabric and upholstery for seat cushion,*** *tonicliving.com.* ***Pillow,*** *westelm.com.* ***Hooks, mirror,*** *eq3.com.* ***Rug,*** *elte.com.* ***Plant,*** *willemandjools.com.* ***Small basket, tote bag, navy-bottom box,*** *homesense.ca.* ***Plant basket,*** *cb2.com.*

STYLIST: JEN EVANS

photograph SIAN RICHARDS

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GOLD BOND ULTIMATE

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Order in the kitchen

WE WENT INSIDE THE CABINETS AND DRAWERS OF ONE **BUSY FAMILY'S KITCHEN** TO HELP THEM CURE THEIR CLUTTER ONCE AND FOR ALL. HERE ARE OUR **NINE BEST TIPS AND TRICKS FOR ORGANIZING** THE HARDEST-WORKING ROOM IN THE HOUSE

Photography by **SIAN RICHARDS** | *Prop styling by* **JEN EVANS**

Toronto homeowner Miranda Bryden, with her two sons, in the family's newly renovated eat-in kitchen.

1

Divide your kitchen into zones

Maximize space and efficiency by dividing your kitchen into task-specific areas for activities, like food prep and cleanup.

Pillow, *cb2.com.* ***Wood plates, felt mat, candle holders,*** *rekindleyourlife.ca.* ***Colander, butter dish,*** *themercantile.co.* ***Chopping board,*** *ikea.ca.* ***Napkins,*** *simons.ca.* ***Architect,*** *bruce-studio.com.*

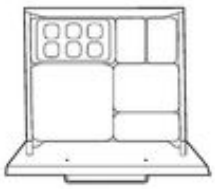
TABLEWARE
STORAGE ZONE
CLEANUP
AND
RECYCLING
ZONE
PREPARATION
ZONE

2

Conquer your junk drawer

Little things like batteries and USB cords can quickly overflow. Try this system.

REMOVE AND SORT
Take everything out, paring down as you go, and divide into piles based on the items' utility and size.



ADD ORGANIZERS
Clean, then add enough organizers to fill the entire drawer. Try egg cartons or ice cube trays for small items.

BE RUTHLESS
Relocate anything without a home. Screws should live in a tool box, for example, and nail polish in a vanity.

3

Tackle the hard stuff

We all know there are certain items that seem impossible to keep tidy (we're looking at you, spices). The trick is to compartmentalize as much as possible.

A. SPICES
Choose a large drawer where you can create a single layer of spices, keeping labels clearly visible. Combine inserts specifically made for spice jars with standard trays to hold odd-sized items such as bouillon cubes and cinnamon sticks.

Spice racks, spice jars, *ikea.ca.*

B. FOOD CONTAINERS
The key to winning the battle with your lunch containers is to buy only one brand in a similar shape. Store bases and lids separately, using a tray or divider to keep the lids tidy. Phase out your old containers over time, while you build up your new collection.

Containers, *thebay.com.*

C. FLATWARE AND UTENSILS
When it comes to this drawer, the more dividers the better. Organize items according to use first and size second. Look for insert trays that have various sizes of dividers to accommodate oversized items like measuring cups. If a space is too big to suit your purpose, make it smaller by inserting a smaller tray or box.

Flatware tray, utensil tray, *ikea.ca.*

D. ODDS AND ENDS
There are always a few items that clutter up cabinets like infrequently used table linens or vitamin bottles. Give these random items their own storage container. Stack linens in a box and corral bottles in a basket. This simple change will result in tidier cabinets.

Wood boxes, *cb2.com.*
Baskets, *ikea.ca.*

quick fixes

- Every day, do a 5-minute mini-purge.
- Open mail over the recycling bin to save yourself a trip.

Under-mount lighting provides a warm glow

Instead of a typical backsplash, try an oversized wall graphic (like this map)

A traditional plate stand makes a perfect tablet holder

4 Create mini-stations

Try grouping all the items you need for specific daily activities—like making coffee—in one spot. It will keep you from running all over the kitchen and maximize your efficiency.

Wood tray, *stylegarage.com.*

5 Keep often-used items within reach

Everyday plates and glassware look pretty on open shelving, and it makes them easy to grab. Frequently used small appliances such as toasters and mixers can live on the countertop, but store the rest in a cabinet.

Glass decanter, *eq3.com.* ***Ceramic pitchers,*** *stylegarage.com.* ***Short white ceramic mugs,*** *rekindleyourlife.ca.* ***Charging station, cable management box, wood file box,*** *ikea.ca.*

6 Contain it in style

Add pretty canisters to hide away everyday items.

FROM TOP LEFT:
A. *$36, indigo.ca.* **B.** *$17, crateandbarrel.com.* **C.** *$93, thebay.com.* **D.** *$30, thebay.com.* **E.** *$4, ikea.ca.* **F.** *$24, wayfair.ca.*

7

Make your pantry work harder

A. RARELY USED ITEMS
Use top shelves for overflow items like extra flour or sugar that you don't need to access very often.

B. WIRE BASKETS
These are perfect for produce like potatoes and onions that need air circulation.
Wire basket, *themercantile.ca.*

C. GLASS JARS
Grains, pasta and beans are quickly located in these.
Mason jars, *homehardware.ca.*
Glass jars, *ikea.ca.*

D. WOOD BOXES
Ideal for grouping oils and vinegars.
Wood box, *ikea.ca.*

E. ENAMEL TINS
Decant flour and sugar into lidded canisters.
Tins, *themercantile.ca.*

F. SMALL BOXES
Consider using petite-sized boxes to keep specific items like tea together.
White box, *ikea.ca.*

G. GROCERY LUGS
Place bigger foodstuffs like cereal, crackers and snacks into baskets and keep them in an easy-to-reach spot.
Canvas bins, wire bins, *themercantile.ca.*

quick fix

▶ Use the insides of doors for calendars or schedules.

A vase is a great makeshift utensil caddy

Oversized pots can live permanently on a cooktop

8

Use every inch of space

Even in a big kitchen, it seems there's never enough room. Maximize space around a cooktop or range by storing utensils in a caddy or commonly used spices in small dishes or on trays.

Wood cutting board, *rekindleyourlife.ca.*
White tray, *ikea.ca.*

Attach a caddy to your sink so even your sponge has a home

9 Don't forget the kitchen sink

Invest in a few well-designed, durable tools you won't mind leaving out.

Swedish sponge
Made from cellulose, this quick-drying sponge is gentle enough for any surface in your kitchen.

$5, tenandco.ca.

Scrub brush
Perfect for pots and pans. The smooth wooden contours fit nicely in the hand.

$7, oldfaithfulshop.com.

Copper dishcloths
This extremely long-lasting material is an ideal scrubber, and it's machine washable.

$11/pack of 2, oldfaithfulshop.com.

Japanese sisal brush
Natural sisal is soft enough for delicate glassware and coated pans.

$18, kaufmann-mercantile.com.

THE JOY OF SIMPLE

BY BUILDING A MINIMALIST ESTHETIC INTO HIS FAMILY'S HOME, WINNIPEG ENTREPRENEUR NILS VIK WAS ABLE TO MAKE ROOM FOR WHAT REALLY MATTERS. HERE ARE **FIVE LESSONS** FOR BRINGING SIMPLICITY INTO YOUR HOME

By KATIE UNDERWOOD | *Photography by* SIAN RICHARDS

By now, most decor fanatics—and aspiring organized homeowners—have devoured the joy-sparking, clutter-busting juggernaut that is Marie Kondo's *The Life-Changing Magic of Tidying Up*. But in 2013, when Nils Vik was building his family home, Kondo's book wasn't yet published—so he relied on his own design acumen to create a cozy minimalist paradise.

The owner of two Winnipeg-based coffee shops and a coffee roastery, Vik employed both his degree in environmental design and his Norwegian heritage in fashioning the 1,500-square-foot home in the neighbourhood of Saint Boniface, where he lives with his wife, Melissa, their two-year-old daughter, Marte, and Poncho, their shy standard poodle. "I grew up visiting Norway on a semi-regular basis to see my father's family," says Vik, who cites the utilitarian (yet warm) feel of traditional Norwegian cabins as a major interior influence. "Norway's pretty small, and it was relatively isolated back in the day, so people used materials around them to the best of their ability."

From start to finish, Vik's build was a family affair. Even with a baby on the way, a new puppy to train and the imminent opening of his second coffee shop, he managed to whip up schematic designs for his ideal abode—with a little help from his father-in-law—and circulated ideas among his friends in Winnipeg's thriving architecture and design community. (Vik also took care of the insulation and wood finishing, but contractors handled the rest.) Between its cathedral ceilings, barn-style roof and abundance of whitewashed pine, Vik says, the home is infused with a certain nostalgia for the Scandinavian cabins of his childhood. And though he's not fussed much by trinkets, Vik has a particular fondness for the tiny cowbell that hangs in his kitchen, a gift from his paternal grandfather. "The patina of it—you can't recreate those things anymore."

Though he and his brood were long moved in by the time Kondo's book hit store shelves, Vik recently made time to read the mega-successful tome and found parts of his own philosophy reflected. "Deep down, I think we don't need very much to be happy."

LESSON ONE

Everything in your house should be useful or beautiful.

A salon arrangement of artworks by mainly Winnipeg artists lines the staircase wall. Vik is an active supporter of the arts community and was fortunate to have picked up many of these works early in the artists' careers. For example, the long horizontal piece is a fold-out book created by the Royal Art Lodge, a former collective of six artists who met weekly to collaborate on drawings.

LESSON TWO

Focus on quality, not quantity.

As a former product developer for EQ3, Vik put thought into every piece that populates his space. "I scrutinize objects as they're coming into and leaving our house," Vik says. "When you start thinking critically about those things, you whittle it down to things you really like." Vik would rather spend a little more on pieces that will last than to buy low-quality products.

Chairs, *bludot.com.* ***Cabinets,*** *ikea.ca.* ***Ceiling fan,*** *dwr.com.*

LESSON THREE

Pick your spots.

Vik insisted on designing a wide and spacious staircase despite his home's modest size. "People said, 'It's a small house — you could shave off six inches here,' but I was drawn to celebrating little areas that are often overlooked." Now it's one of his favourite features. ***Paint*** *in Cloud White, benjaminmoore.ca.*

Well-known Winnipeg artist Wanda Koop gave Vik this art piece when his daughter was born

Statement pieces

CHOOSE ONE THING YOU LOVE AND MAKE IT A FOCUS

$189, ikea.ca.

From $713, themodernshop.ca.

From $675, dwr.com.

$400, cb2.com.

LESSON FOUR

Use basic materials to add warmth.

"Scandinavian design comes with a reverence for a lack of physical materials," Vik says, noting that natural woods and carefully placed windows add warmth to the space. "And although it's quite sparse, the house became cozy with a bit of attention to detail."
Pendant Lamps, *dwr.com.* ***Stove,*** *jotul.com.* ***Fire tools,*** *cb2.com.* ***Chair and ottoman,*** *eq3.com.* ***Red Rug,*** *vintage.*

LESSON FIVE

Design your home with only the storage you need.

Having lived in an apartment for 10 years with his wife, Melissa, Vik designed their home with minimal storage in mind. "We were quite happy with the amount of possessions we had," he says. ***Pillow,*** *eq3.com.*

The sofa was brought from Norway in the early '60s by Vik's dad

Shelf help

OUR PICKS FOR MORE INSPIRATION ON MODERN AND SCANDINAVIAN DESIGN

Scandinavian Design, $29, amazon.ca.

Winnipeg Modern, $50, uofmpress.ca.

Scandinavian Modern, $32, amazon.ca.

Made in Norway, $71, amazon.ca.

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As a reminder, discuss the supplements and medicines you take with your health care provider. These products may pose risks and may not be suitable for everyone. Always read label directions and warnings prior to use.

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Refresh your beauty routine

The chilly months can be tough on hair, skin and nails. These 5 beauty tips will help you get ready for Spring.

1. Play hooky with your hair: The more you wash, the more you deplete your scalp of natural oils. Skip the shampoo and add a signature braid (such as a crown, French or loose side braid) to your hairstyle rotation.

2. It's the balm: Make a multi-purpose salve your new best friend. Dab dry lips and soothe cracked skin while on the go.

3. Make cuticles critical: Flaunt flawless fingernails for Spring by adding cuticle oil to your daily routine. Dry cuticles and annoying hangnails will vanish.

4. Go for bronze: A little bronzer goes a long way to scrub dull complexions. Warm up your T-zone, cheeks and decollete with a brush to each.

5. Inner beauty: Vitamins can actually support beauty zones such as hair, skin and nails. A daily dose can help support beauty from the inside out.

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health

Cold play

With longer days and some of the best conditions of the season, March is peak time to hit the slopes. And there are other perks: A review published in the journal *Environmental Science & Technology* in 2011 found the benefits of exercising outside include increased feelings of energy, revitalization and engagement, and decreased tension and depression. So whether you ski or board, make some tracks while the sun shines.

PHOTO: KEVIN ARNOLD/MASTERFILE

Mountain showdown

There's a long-held rivalry between skiing and snowboarding. When it comes to a workout, which downhill sport reigns supreme?

TEAM SKI
Marielle Thompson
Sochi gold medallist in ski cross
"I have so much freedom. I can go as fast as I want, launch myself off jumps and ski the deepest powder."

TEAM BOARD
Jenna Blasman
Olympic slopestyle snowboarder
"The tricks are super steezy.* Plus, riding pow* on a snowboard is like surfing on snow. Enough said."
*See definitions below.

Quads & glutes
Skiing is a more bilaterally balanced lower-body workout, since each leg bears an equal amount of weight.

Hamstrings
Skiing on bumpy hills activates the hamstrings, as your legs pump up and down.

Inner thighs
These muscles are engaged on steeper terrain, as you fight against gravity to stay in control.

Upper body
Beginners get a great arm, chest and shoulder workout from pushing themselves up after falling.

Core
Snowboarders get more of an abdominal workout since turning depends on pivoting through the trunk.

Lower body
The leg workout in snowboarding is similar to skiing's, but uneven, since the back leg does most of the work.

$800
Average cost to gear up as a beginner, for skis, bindings, poles and boots.

$1,200
Average cost to gear up as a beginner, for the snowboard, bindings and boots.

GEAR ▶ ***Emma Ski Jacket,*** *$610, descente.com.* **ME *Tailored Fit Ski Pant,*** *$346, spyder.com.* ***Embark Snowboard Jacket,*** *$500, burton.com.* ***Aero Gore-Tex Snowboard pant,*** *$290, burton.com.*

275
NUMBER OF SKI AND SNOWBOARDING HILLS (APPROXIMATELY) ACROSS CANADA

GLOSSARY

Slope speak

Steezy: Snowboarder slang for "style" + "ease."
Pow: Short for "powder"—that fluffy, freshly fallen snow.
First/fresh tracks: What the first person down the hill makes after fresh "pow" has fallen. **Pizza:** Slang for "snowplow," the position a beginner skier usually assumes, with ski tips meeting at a point. **Yard sale:** A huge wipeout in which your skis and poles are left scattered all over the run.

GEAR

Our picks for a day on the hill

CLEAR VIEW
These rimless goggles offer a wider view of the terrain. ***Oakley Flight Deck Goggles,*** *$205, sportinglife.ca.*

FIERCE MASK
Protect your face from the elements in style. ***Airhole Facemask,*** *$35, sportinglife.ca.*

HAPPY NECK
This neck warmer releases capsules of shea butter and vitamin E to keep skin moisturized as you wear it. Will last about 15 washes. ***Lana Biotherm Neck Warmer,*** *$22, roxy.com.*

TOASTY TOES
Icebreaker Women's Ski + Compression Ultra Lite Merino Wool Sock, *$45, icebreaker.com.*

Sources: Alpine Canada coach Jamie McCartney; Cameron Dempster, outreach coordinator for Mountain Equipment Co-op; Canadian Ski Council.

MY BELLY IS FROM MY KIDS. MY LEGS ARE FROM MY TRAINER.

SPECIAL K

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DR. DANIELLE MARTIN

Q: My short-term memory has started to slip, and it feels pretty scary. When should I be worried?

I understand the feeling. I've looked for my phone while talking on it. We all do those kinds of things. But often, the root of the problem has more to do with attention and focus than an actual cognitive deficiency.

There are a lot of steps that go into making a memory. It's a process. The first step is encoding. To do that properly, you have to take in all the relevant data about the concept you want to remember. This means focusing on the information you want to retain—like where you put your keys or parked your car. Once you have encoded something, you need to store it and be able to recall it.

Problems with these last two stages are associated with conditions like dementia. But for most younger people, the problem lies in the encoding. Doing too many things at once means we're not able to give proper attention to any one task. For instance, if you come home and are thinking about dinner as you speak to your kids and sending a text at the same time, you likely won't remember where you put your keys, because you weren't focusing on the act of putting them down.

Young onset dementia (YOD) is rare and affects only about one person in every 1,000—and most of these people are in their 50s and early 60s. (There are rare genetic forms of dementia that present in the 30s and 40s, but in these cases there is usually a strong family history.)

When a patient expresses concern about memory, I always dig a little deeper. Poor memory may be a symptom of other physical or mental health issues, such as adult attention deficit disorder, sleep apnea, thyroid problems, vitamin B_{12} deficiency or difficulties related to perimenopause. And when associated with poor appetite, trouble sleeping and low mood, a concern about memory becomes a concern about depression.

There is cause for medical worry if you are consistently having trouble remembering things across several environments, or if difficulty with recall is impairing day-to-day life—if a patient tells me that she is consistently late for work, for instance, because she has to search her home from top to bottom to find things that she uses daily. But if you can remember things when you focus on them and are well rested, instances of forgetfulness should more likely be attributed to system overload.

Focusing on the task at hand will help with the encoding process. Routines, such as having a consistent place to put your keys, also help. And when you know you're moving too quickly, stop and write down whatever it is you'll need to recall later on.

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.

DOES UNHAPPINESS AFFECT MORTALITY?

The research

A study of more than 700,000 women, published in the *Lancet* in December, examined whether unhappiness has a direct effect on mortality. Volunteers, with a median age of 59 and recruited from breast-screening programs, rated whether they were happy "most of the time," "usually," "sometimes" or "rarely/never." Deaths were recorded over the following 10 years. The study found that unhappy people did not die any sooner than happy people.

The caveats

The rating scale did not clearly define its categories, making the division between happiness and unhappiness "completely arbitrary," says Jay Kaufman, a professor of epidemiology at McGill University. The people surveyed were also not a random sample, as patients in screening programs tend to be more health-conscious.

The take-away

Feel happy, sad and everything in between. The flaws in this study negate any findings about how mood might affect mortality.

—Diana Duong

illustration CASIE WILSON

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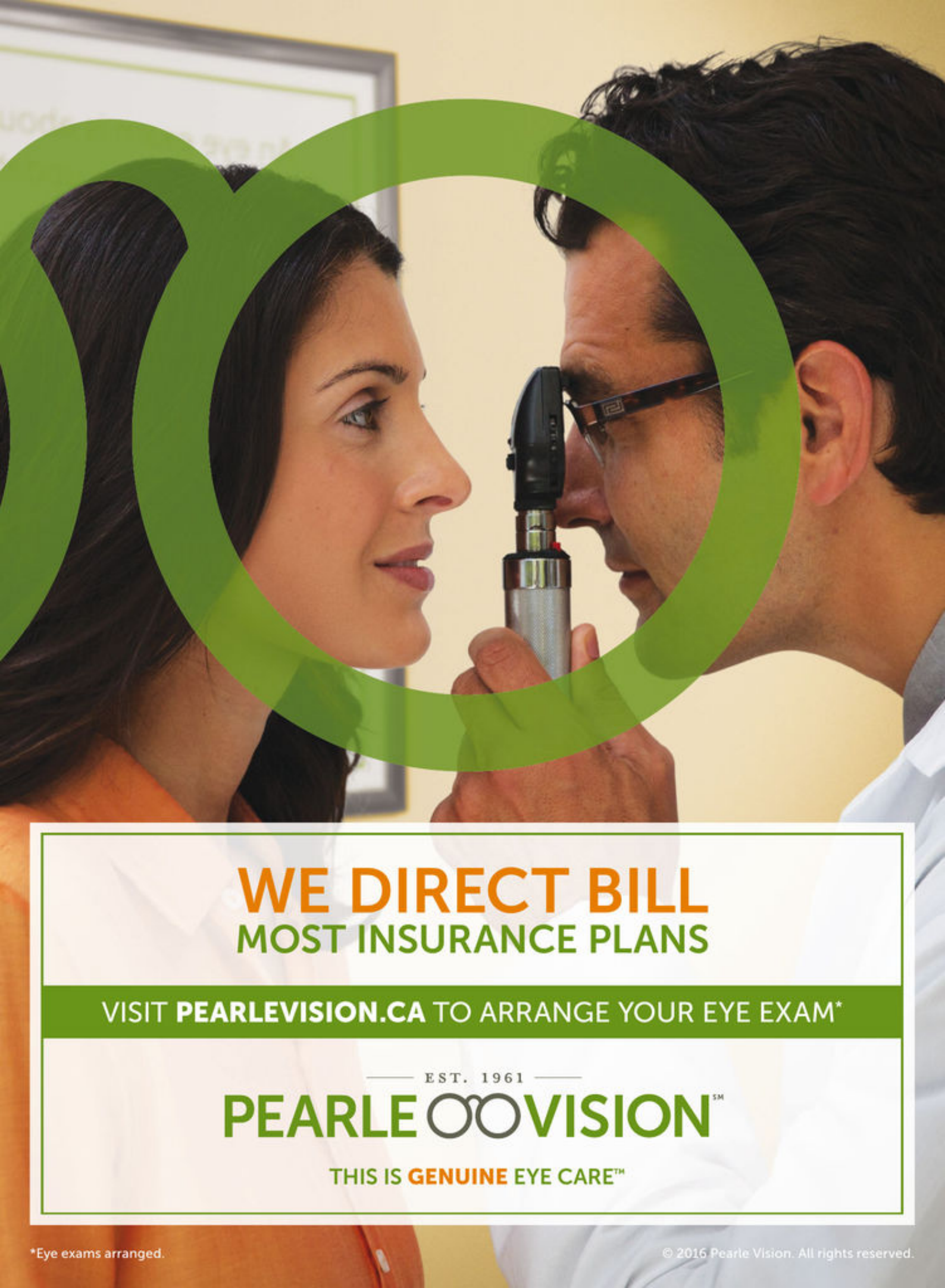
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◀ Busy people could take inspiration from actress Ann-Margret, pictured here walking a tortoise on the set of *Bye Bye Birdie*.

PHOTO, BETTMANN/CORBIS.

LEISURE

In defence of laziness

In the dead of winter, keeping up with life can seem impossible. Stop feeling guilty about taking time outs—there are health benefits to practising strategic slothfulness

By SHANDA DEZIEL

The modern world makes it possible for us to all but ignore seasonal change: Whatever the weather, food is abundant, travel is relatively easy and climate-controlled shelter is never too far away. But elements of our physiology remain cyclical. In winter, for example, we produce more melatonin due to the lack of light, making us sleepy and sluggish. And—perhaps because of some long-buried survival instinct that tells us to build up our energy stores—our food cravings veer toward hearty carbohydrates, which are a one-way ticket to lethargy. As a species, we don't require full-on hibernation, but there are days when it sure feels as though our bodies would like nothing more than a long winter's nap.

We are conditioned, however, to fight these instincts and view idleness as an obstacle to productivity rather than an essential ingredient in a healthy life—despite the fact that the health benefits of downtime are well-known. In 19th-century France, aristocratic literary types, known as *flâneurs*, walked their pet tortoises through the streets of Paris, letting the animals set the pace and ridiculing the absurdity of others' busy lives. This month, schedule some time to walk with the turtles. Good things can come from strategic laziness.

Do nothing. (It's fine.)

Downtime has proven to be absolutely necessary for brain health, much in the way a cardio workout is crucial for the heart. When you let yourself zone out, an area of the brain called the default mode network—required for creativity—is

activated. It's where our "aha!" ideas come from, says Andrew Smart, a neuroscience researcher and author of *Autopilot: The Art and Science of Doing Nothing*. While we've come to equate multi-tasking with efficiency, research out of Stanford University in 2009 shows that the super-connected among us have lost the ability to shut out irrelevant information and are less attentive (even when not multi-tasking). According to Smart, we can counteract this by intentionally putting our brain on autopilot—by gazing out the window, for instance, or wandering outside without our phones—and letting it choose where it wants to go. The rewards: epiphanies, solutions to problems and less stress.

Doze your way to success

Despite all we know about the restorative powers of sleep, napping is often still viewed as a lazy habit—at least in North America. But Kimberly Cote, a psychology professor and director of Brock University's sleep research lab in St. Catharines, Ont., says napping is proven to boost alertness, mood and memory. There are other benefits as well: Research conducted by the European Society of Cardiology last year found that people who took a daily nap had lower blood pressure than those who didn't. Another study from the University of Michigan linked napping at work to increased tolerance for frustration, higher productivity and less impulsive behaviour. Cote recommends taking a 20-minute power nap (when you can) in the afternoon—just long enough to reap its benefits without dipping into the deep stages of sleep.

Studies have shown that people who take a daily nap have lower blood pressure and increased tolerance for frustration.

Binge-watch without guilt

Despite what your grandma told you about how TV rots your brain, some experts believe watching it can be good for your emotional health. In a University of Oklahoma study from 2015, people who watched *Mad Men* and *The West Wing* scored higher on social-intelligence tests than those who were shown documentaries—the logic being that complex fictional narratives force viewers to relate to multiple perspectives. There's even an argument for binge-watching fluffier stuff, like *Friends* and *Gilmore Girls*. "When people have experiences of rejection, they are more likely to seek favourite television shows and characters," says Jaye Derrick, a psychology professor at the University of Houston. After watching, "they feel less rejected, show improvement in mood and get a boost to temporary feelings of self-worth." Derrick, who has been studying TV watching since 2008, has also found that after viewing their favourite shows, people are energized, have increased feelings of self-control and are more willing to help others. "I'm not quite ready to go as far as prescribing TV," Derrick says. "But some people feel that watching TV is a guilty pleasure, and I say, don't feel guilty about it."

Loaf as nature intended

Keeping active is, of course, the key to staying healthy. Still, there's something comforting about hearing Simon Fraser University researchers say that we are "programmed for laziness"—that, in whatever activity you do, the body naturally looks for the easiest way to do it, in order to conserve energy. In a study published last fall, lead author Jessica Selinger looked at the way humans walk when exposed to external resistance (in the form of a leg brace). She found that the body is continually optimizing energy—that the nervous system will alter its typical gait if it can save itself a sliver of precious fuel. "This is great news for endurance athletes, who need reserves for the end of the race," says Selinger. "But if you are exercising to burn the most calories possible, then, in some sense, you are battling your nervous system."

Maybe every once in a while, you should make like a *flâneur*, and let your instinct to be lazy win.

NEED A LITTLE MORE LAZY IN YOUR LIFE?

Keep these inspiring quotes from famous overachievers (and one "slow-witted bald man") in mind

"It is in our idleness, in our dreams, that the submerged truth sometimes comes to the top."
Virginia Woolf

"I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it."
Bill Gates

"I don't think necessity is the mother of invention. Invention, in my opinion, arises directly from idleness, possibly also from laziness, to save oneself trouble."
Agatha Christie

"I love a good nap. Sometimes it's the only thing getting me out of bed in the morning."
George Costanza

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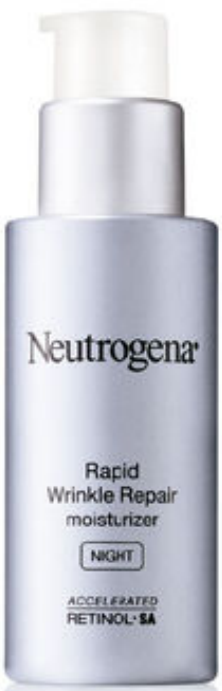

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WHY IS IT SO HARD FOR SOME WOMEN TO GET THEIR TUBES TIED?

If you're under 35, childless and want to be sterilized, you could spend years navigating a labyrinth of refusals, obstruction and shame. Are doctors protecting women from regret or depriving them of a legitimate choice?

BY CAROLYN ABRAHAM

illustration MIKEY BURTON

SHERI PETERSON* WAS 25 when she first asked her hometown doctor in southern Ontario about having her tubes tied. Deep down, she knew children were not for her and, as she had discovered, neither were most methods of birth control. The pill gave her perpetual PMS and the patch made her moody; after that, she tried condoms and, occasionally, the "pull and pray" method. But she says her doctor "was really blasé—she just didn't take me seriously." It marked the beginning of a long pattern: "I'd ask, and I was always brushed off."

Then, when she was 31 and at the doctor's to be fitted for an IUD, Peterson learned she was pregnant. "Right away, I thought, 'I can't have a baby.'" Her doctor didn't hesitate in telling her who to call to have the pregnancy terminated.

After the abortion, Peterson had the IUD inserted, but it caused her severe cramping. So last summer she sat down with a Toronto gynecologist and asked, straight up, to be sterilized. Once again, the doctor dismissed the idea, saying that young women often regret it. "I told her, 'So what if I regret it? That's on me,'" Peterson says. "But she just shut me down. At that point, after everything, I felt worn out by the whole situation."

It's an experience surprisingly common in Canada. The internet is rife with personal stories that describe the quest to find a physician willing to perform a tubal ligation on a woman under 35, and how it can stretch into a years-long odyssey of pleas and doctor shopping. Given studies that show up to 30 percent of young women eventually regret their decision, doctors are reluctant to do it. When the woman is young and childless, many refuse altogether.

For most, "it's not an ethical or moral opposition," says Dr. Dustin Costescu, an obstetrician and gynecologist at McMaster University in Hamilton, Ont. "It's more of a misplaced or well-intended paternalism, not wanting to do harm...as in, 'When I was your age, I didn't want kids either.'" Yet for the young women asking, a refusal can feel a lot like being robbed of a legitimate choice to remain child free.

Reproductive medicine is notorious for its battles. In the last century alone, women fought for the right to birth control education, the pill and legal abortion. Now, in the not-so-new millennium, after these hard-won victories have helped to recast first-time motherhood as a midlife chapter and when governments are rolling out funding for IVF, a small but growing cohort of young women are finding they have to fight for the right to *never* procreate.

Hannah Greene,* a 30-year-old Toronto publishing executive, says it's a battle made worse by an infuriating double standard on permanent birth control: While she has been trying to convince doctors to tie her tubes for the last nine years, her brother was given a vasectomy at 26. At a recent doctor's appointment, Greene, whose long-term partner doesn't want children either, was told, "Have your partner get a vasectomy." She left fuming. "Why are men's decisions on not having children respected, but women's are not?"

In Canada, about 20,000 tubal ligations are performed each year, the vast majority are done in women who want no *more* children, rather than childless women. The 136-year-old surgical procedure is not always reversible. It prevents conception by blocking or removing a woman's Fallopian tubes, the two slender tunnels that connect the ovaries to the uterus and where the egg and sperm make their fateful rendezvous. Until 1969, the American College of Obstetricians and Gynecologists endorsed a policy that said doctors should consider sterilizing a woman only if her age multiplied by the number of children she had equalled 120 or greater. Canadian doctors once relied on a similar formula and often required a woman to have her husband's consent.

We might like to think we've come a long way since then. But as recently as 2007, a Catholic hospital in Humboldt, Sask., was forced to compensate a 39-year-old woman who had been refused the procedure after giving birth to her second child. In 2009, a 21-year-old married Toronto woman, pregnant with her second child, made headlines after going public when her obstetrician said she was too young to be sterilized (she had requested the procedure be done after the birth). And it was only last November that the clinical guidelines in

*Names have been changed.

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ROGERS

the Canadian Contraception Consensus were changed to stipulate that if a woman is well informed and gives her consent, then neither her age nor whether she has children "should be a barrier to permanent contraception."

Still, Costescu, who co-authored the new policy on behalf of the Society of Obstetricians and Gynaecologists of Canada, knows that not all doctors will follow it—nor do they have to. "A surgeon doesn't have to perform a procedure he or she doesn't want to do," he says. Many doctors send him notes saying they "don't perform 'tubals' on women under 30," especially if they're childless. One physician said she didn't know any doctor who would.

Costescu doubts patient safety is the sticking point: Serious problems occur in fewer than one in 1,000 women who have their tubes tied. Rather, the chance that a woman will one day wish she wasn't sterilized seems to be the top reason doctors refuse to provide it. Recent studies suggest about 4 percent of women overall will regret the decision, Costescu says, but that number jumps to 20 or 30 percent among younger women. This makes tubal ligation a unique case in the medical world—regret is rarely considered a risk factor for a surgical procedure.

History also plays a role in the controversy. Forced sterilizations were part of the ugly eugenics movement in the early 20th century and legal in Alberta until 1972. There are still concerns over the prevalence of tubal ligation among minorities and poor women. At the Saskatoon Health Region, officials are investigating allegations, made last fall, that medical staff pressured indigenous women to have their tubes tied against their will.

All this compounds the sensitivities around who should be sterilized, says Costescu. "It contributes to a defensive stance by clinicians worried about performing an inappropriate tubal." Which is why he hopes the revised policy will reassure doctors that they can proceed with a tubal ligation on any young and childless woman who chooses it, provided there is informed consent.

At his practice, Costescu performs about 50 female sterilizations a year, and half of those are on women under age 30—a proportion that he finds is growing. "Most patients are not waffling, they're committed. They've thought about this for a long time."

As an obstetrician and gynecologist at Women's College Hospital and St. Joseph's Health Centre in Toronto, Dr. Yolanda Kirkham understands why some doctors say no; she's said it herself to some younger women who ask her for a tubal ligation. She doesn't see it as being paternalistic; it's just protective of a young patient's future self.

"So much can happen in life that could make a woman regret her decision," she says. "They could meet someone with whom they want to have children or meet a new partner. Or something could happen to one of their children—a child could become terminally ill or die in an accident. These things happen and it's sad."

Meanwhile, tubal ligation is an elective procedure and "there are so many excellent options" for long-acting reversible contraception that many women are not aware of, Kirkham says, which is why it can take several visits to make sure a patient is well informed, is not being coerced and fully understands the potential for regret. "For a woman in her early 20s, she still has 20 or 25 years left of reproductive potential. That's longer than she's been alive. We all know we've changed since our 20s, and that's where the hesitancy comes from."

But Christine Overall, a philosophy professor at Queen's University in

"Most patients are not waffling, they're committed. They've thought about this for a long time."

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Kingston, Ont., and author of *Why Have Children? The Ethical Debate*, says a lot of the tension here is rooted in the tendency to continue to define womanhood in terms of reproduction, child-bearing and motherhood. Women who want children are rarely asked to explain their decision, she says, but women who don't face an "unfair burden of justification."

Yet the right not to procreate is an integral right of autonomy, says Overall. The possibility a woman will regret her choice should not be grounds for denying it: "It's not part of a doctor's responsibility to protect women from making an error. It's the doctor's job to make sure they have all the information they need to make an informed choice." Ageism, she says, is at work. "It's a bias against young women. The doctor is purporting to know what's better for the woman than the woman herself."

Still, Overall believes unwilling doctors should not be compelled to provide the procedure. "But I can't see how they could refuse to refer a patient to someone who would—that's unethical. It's like saying I will ensure you are not fully informed."

Back when abortions were a notoriously hard-to-get procedure, women relied on a savvy underground network to find backstreet doctors. Today, young women post their pleas and rely on the web to learn the names of "non-judgmental doctors" willing to tie their tubes. They appear to be in such short supply around the world that thechildfreelife.com lists their identities by country.

Which is why Alyna Poremba knew what to expect. The court reporter from Brantford, Ont., was 20 when she started researching tubal ligations online and quickly realized how hard it might be to convince a doctor that she was committed to a child-free life. But she had a strategy: "I decided I would start asking right away to be sterilized and for it to be put in writing in my medical records," says Poremba. That way, in the future, she could say, "Look, I've been asking for years and I haven't changed my mind."

Then, last March, the first gynecologist she saw made "personal attacks on my ability to reason" and told Poremba she needed "psychological counselling." She also said she wasn't ethically obligated to provide Poremba with a tubal ligation or refer her to someone who would.

Poremba, now 22, left "embarrassed, insulted and upset," but determined. Later that day, she hit the web, compiled a list of Hamilton-area gynecologists and started cold-calling. After two rejections, someone told her about a family planning doctor at McMaster University who might help: Dustin Costescu.

At 33, and only three years into his private practice, Costescu knows he is gaining a reputation as a doctor of last resort for young women turned down elsewhere. Often the referrals are sent for "a second opinion, which is essentially a euphemism for referring a patient for a tubal that the first doctor doesn't want to perform," he says. But he says his counselling is no less rigorous than any other doctor's.

In July 2015, Poremba had her first appointment with Costescu. There were invasive questions and a thorough discussion of birth control options, but she explained she did not feel these were options for her. And this time, Costescu surprised her: "You are allowed to make choices that I wouldn't make," he said.

"I felt really empowered," Poremba says. Last November, the same month Canada's new guidelines on tubal ligations were released, Poremba got her wish. Now the proud bearer of two tiny incisions, one in her navel and the other along her bikini line, she says happily, "I never have to worry about birth control ever again."

She is thinking about posting her happy news online, along with the name of her willing doctor—knowing too well there's a small army of young women out there hungry to hear it. "It's an invisible fight," says Sheri Peterson, who is shoring up her energies for another round. "No one wants to rally or march over this. I just want to quietly live my life—and not have babies while doing it."

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By March, 25,000 Syrian refugees will have landed in Canada, stepping off the plane and into a crush of urgent concerns: where to live, where to work, where to find child care. Crucial medical issues tend to fall by the wayside. But at Toronto's Crossroads Clinic, a tiny team of dedicated doctors and nurses are helping address the complex and unique health needs of newcomers

By **SARAH BOESVELD**
Photographhy by **AARON VINCENT ELKAIM**

Dr. Meb Rashid and his family were winding down from a New Year's Day spent at their local skating rink when an urgent email snapped him back to business. It was his contact at the immigrant-services organization COSTI, asking whether he could come to a hotel near Toronto's Pearson International Airport to give medical care to some of the 300 government-sponsored Syrian refugees temporarily housed there. Rashid, a 50-year-old GP, agreed, contacted two of his colleagues and prepared to get to work. At 10 a.m. the next day, they walked into the hotel.

As business travellers passed through, the doctors set up shop in the bustling lobby and, over six hours, treated roughly a dozen patients. One child had pink eye "as bad as I've ever seen," Rashid says. "He couldn't even get his eye open." As the immigrant- and refugee-health organization Access Alliance took over, the next challenge was getting the refugees to a few of the 27 clinics in the city newly established for their arrival.

Rashid sometimes meets his patients at Toronto refugee shelters, which is where many of them first come into contact with Canadian health care. From there, they'll head to his workplace, Crossroads Clinic, at Women's College Hospital. A decade ago, most new immigrants to Toronto were hard pressed to find a family doctor. At Crossroads, one of the country's few in-hospital clinics dedicated to refugees, their well-being is front and centre. The doctors understand the arduous refugee-claims process, have quick access to interpreters and recognize that finding a job can be as important to a refugee's health as any blood pressure drug.

The clinic is especially valuable right now, as Canada welcomes a large and swift-moving wave of war-fleeing newcomers, after having committed to resettling 25,000 Syrians by the end of February. But they're far from the only refugees entering the country: Nearly 20,000 refugee claims were finalized in 2014, with more than 10,000 arriving through government and

Dr. Meb Rashid speaks with nurse practitioner Vanessa Wright in the hallway of the Crossroads Clinic at Toronto's Women's College Hospital.

privately sponsored programs. Since its creation in 2011, Crossroads Clinic has helped more than 1,500 refugees from some 65 countries, including Afghanistan, Ethiopia, Hungary, North Korea and Nigeria, serving as family doctors for their first two years in Canada.

Syria's refugee crisis has generated indelible images, from the devastating photo of toddler Alan Kurdi face down on a Turkish beach to the scene of Prime Minister Justin Trudeau welcoming the first arrivals at Toronto's airport. It has provoked huge acts of generosity; it has also prompted conflicted feelings about whether the country can absorb so many newcomers so quickly, at a time of serious economic distress. (In January, settlement agencies in Toronto, Vancouver and Ottawa asked for a pause in the arrivals so they could find homes for those already at their doors.) But with its exclusive commitment to the care of refugees, Crossroads Clinic—staffed by just two physicians and two nurse practitioners — can stand apart from all the attention and concern, the questions and rhetoric. In this small string of rooms on a hospital's third floor, Rashid and his colleagues have created a protected space.

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David Daneshvar is trying to make a follow-up appointment but can't seem to find a date that works. Decked out in a black Blue Jays hat and matching varsity jacket, the 33-year-old towers over the front desk as he banters with the receptionist. They settle on a Friday morning, when he won't be at his job as a kitchen supervisor at Costco.

Fifteen years ago, Daneshvar was a former soldier fleeing the Iranian army. His escape took him to Brazil, Bolivia, Costa Rica, Nicaragua, Guatemala, Mexico, then Texas—bouncing to each place hoping to find refuge from those who wanted him dead or detained. When Daneshvar, sponsored by his uncle in Toronto, first came to Crossroads in 2014, the scars from half

CLOCKWISE FROM TOP LEFT: David Daneshvar makes a follow-up appointment with medical secretary Viviene Elson; a shelf in the office of nurse practitioner Roseanne Hickey; Rashid and Daneshvar meet for a checkup.

a life spent outrunning danger were in full view. "I got shot—they broke my neck, broken hand, broke my teeth, broken nose, everything. Look at my forehead," he says, pulling his hair from his face to reveal a dent above his eyes. "I have a stab wound in my back, I've got knife cuts all over my body. I thought, 'I'm never going to stay alive.'"

When he first met Rashid, Daneshvar could barely walk after having suffered two strokes while in detention; he says he was "crying all the time." Rashid treated Daneshvar's post-traumatic stress disorder (the clinic has a great deal of experience with PTSD), called him a lawyer and helped with paperwork for a refugee claim that's still pending. He reported Daneshvar's wounds to the Canadian Centre for Victims of Torture. "Dr. Rashid saved my life," Daneshvar says. "He's like a big brother to me."

Rashid is himself an immigrant: He left Tanzania for Canada when he was five and attended medical school at the University of Toronto in the mid-1990s. He worked in Zimbabwe, Nicaragua and back in his home country before taking over a practice in Toronto with a number of refugee and immigrant patients. "It's a population I just felt viscerally connected with," he says. "These are people who've endured things that would be difficult to put on [a movie] screen, because you wouldn't believe them."

That's why he wanted to create a centre with the expertise and resources to cater to refugees' particular needs. Before the early 2000s, newcomers would simply show up at a hospital emergency room or walk-in clinic. As doctors began to realize these patients required longer appointments, interpreters and specialized care, designated clinics began popping up across the country, but nothing consistent or particularly well funded. By the end of the decade, Rashid had begun shopping around the idea of an in-hospital clinic for refugees, whose care had been identified by Ontario's health ministry as a "gap" in the system.

"It was a perfect fit for Women's College Hospital," says its chief executive officer, Marilyn Emery. "We have a commitment to equity, and, first and foremost, that means equitable access to care." But she also understood that "even just walking into a hospital is a very traumatic experience for some refugees, especially for those coming from war-torn countries." Crossroads, which is largely paid for through provincial funding, was established to be a welcoming place where refugees can get treatment for illness as well as help figuring out everything from the claims process to the city's transit system. One patient, who asked not to be named due to threats from the Eritrean government, received glasses for the first time thanks to a referral from Crossroads, ending years of headaches and dizziness. Many

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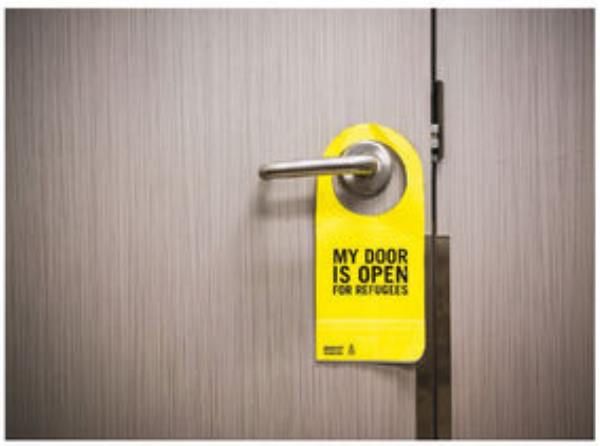

FROM TOP: Saniyah Farid meets with Rashid; the door hanger at his office.

female refugees at the clinic arrive pregnant or become pregnant within their first year in Canada, so Crossroads offers family planning and prenatal care, and children can get the immunizations neccessary to start school. It is also a place for research and teaching, and patients are introduced to community groups that can help them find employment.

In 2011, its first year, Rashid and nurse practitioner Vanessa Wright thought they'd see 250 patients—it was twice that. Those numbers have doubled every year since; still, appointments are twice as long as at an average family doctor's office. "My residents laugh at me, because on [the patient's] first visit there's so much schmoozing," Rashid says. "I argue we want to address their medical needs, but the intention of the first visit is to make sure they feel safe enough to come back for a second visit. It's really about the relationship."

Sometimes the relationship can be built quite quickly: Wright recalls a woman who'd been in Canada a week and a half—with two children in tow and no health coverage—and waddled into her clinic 36 weeks pregnant. She saw that the woman was high-risk and sent her to the ER. "I visited her in the hospital that week and she held my hand for a really, really long time. She was crying, and she said, 'You're like a sister to me,'" Wright recalls. "She was just so trusting." Sometimes, the relationship takes longer. Rashid remembers one father of an Afghan family of six. "It took a year and a half [of seeing him] to find out he'd been waking up screaming with nightmares every night for the past 20 years."

"I'm not the same person I was the first time I met Dr. Rashid," says Saniyah Farid, who has come to the clinic with a sprained wrist. Two years ago, she fled an abusive husband in Pakistan with their six-month-old son. Farid uses the word *amazing* 15 times to describe the care she has received at Crossroads and her new life in Canada: She's a human resources assistant who wants to be an HR director. She has just remarried, the henna from the small wedding still visible on her hands. "I can't imagine what it would have been like without all those supports," she says. "When I first landed as a refugee, I had nobody. The Syrians will be helped. I know that. And I feel proud."

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Leonie Wizzard ducks her head into the small examination room where Rashid is working. She's just been hired by Crossroads to take calls and book appointments for the 27 brand new clinics that have been set up in community health centres and hospitals. Those clinics will offer initial checkups to Syrian refugees, attend to any urgent medical issues and provide immunizations so the children can start school. Rashid brings her up to speed about his hotel visit after New Year's Day and the triage clinic, as well as the 2,200 government-assisted refugees he expects will come to the city in the next two months.

It's already been a busy few months for Rashid. Even before the Liberals were elected in October, he and his team were hard at work setting up clinics to prepare for the Syrians' arrival. After Trudeau pledged to bring 25,000 refugees to Canada by year's end (a date later adjusted to the end of February), they accelerated their efforts, collaborating with colleagues from Access Alliance, Queen West Community Health Centre, St. Michael's Hospital and Toronto Public Health—to name just a few organizations—to get those 27 clinics operational in the span of a month. Similar clinics are also being funded in cities like Ottawa, Vancouver and Montreal. "You can pay now or pay later," Rashid says. "It's much more cost-effective to address [medical] issues early in the migration process and keep them out of the ER. People stay healthy and they can go to work."

Before Syria's civil war broke out five years ago, the country was educated and middle-income, with a decent health care system, so Rashid expects to see fewer cases of tuberculosis and more of what Canadians contend with all the time: heart disease, diabetes, hypertension. "They've lived through horrific things—I don't want to diminish that," he says. "But I think the real challenge will be the numbers."

There are advantages in those numbers: While they do mean longer hours at the clinic and a higher patient load for Rashid's team, he believes that they also bode well for the success of Syrian newcomers in Canada. "You're transplanting full communities, support systems, other people going through the same journey," he says, which offers some crucial solace. In the middle of much uncertainty—about where 25,000 refugees will be settled, how they will be received, where they will find employment and language training and schools—Rashid's line of work leaves him feeling confident. "You meet people who show such a tremendous capacity to withstand monstrous events," he says. "They put their lives back together."

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Ask MoneySense

Bruce Sellery answers your questions about how to become a smarter investor

Straight talk

I asked my advisor about the fee she charges to oversee my mutual fund account holdings. I was told she's paid by the management expense ratio (MER), and that was it. I feel I should ask more questions but don't want to sound defensive. Don't worry about sounding defensive. You're the client, after all—and great advisors aren't fussed by these questions. Here are some other questions to ask. First, "What do fees add up to in dollar terms each year?" For example, if you have a $200,000 portfolio and the MER is 2.5 percent, you're paying about $5,000. Are you getting value for that price? Second, "How are my funds performing versus their benchmark index?" (It's the standard against which the performance of any mutual fund is measured.) Fees are an issue because they eat into your performance. Third, "Is there any way to bring the fees down?" If you're in a commission structure, perhaps a fee-based one would be cheaper. Finally, "How can I get the most value for my money?" I love advisors who think holistically about their clients' lives, provide advice rather than just selling products and hold clients accountable to achieve their goals. Those benefits come with a fee, but one that is worth it.

History lesson

Can having an unused line of credit for 20 years negatively affect my credit rating? Decoding the human genome is a grade 6 science fair project compared with decoding the credit rating algorithm. There are many variables that go into it, but the first one that matters in your case is credit history. From this perspective, it can be a positive that you've had a line of credit for such a long time. You haven't used it, but you also haven't abused it, so that's good. The second variable is credit utilization: the ratio of your debt to your available credit. This line of credit shows that you have access to credit but aren't too close to using it all up, which is also positive. That said, lenders always look at the total picture, says Clifton O'Neal from TransUnion. "There is no history to demonstrate responsible management of this line of credit. If you are maxed out on your other lines of credit, this unused line could be seen as a liability." What I would do is order your credit report from either TransUnion or Equifax. If there's an issue, you can take action to deal with it.

Talking the talk

What questions should I be asking my financial advisor at our annual meeting? I have just three key questions, and, perhaps surprisingly, none of them include an outlook on the stock market. First, "What more could I be doing to reach my life goals?" Think about what you want in your life, today, next year and in retirement: travel, new experiences, renovations, a new car. Then take your advisor through those areas and see what advice she has to help you bring those goals to life. Second, "How has my portfolio performed versus the benchmark indexes over the past year and over the past five years?" Institutional money managers keep a close eye on this "relative" performance. So should you, because missing by just one or two percentage points can cost tens of thousands of dollars over time. Finally, "How can we work better together so I get the most value for my money?" Great advice is worth paying for, but it's up to you to ensure that you get full value.

Back to basics

I'd like to become a more knowledgeable investor and take a course so I can meet others with this interest. But many courses I've seen seem shady. How do I find a reputable one? The best investing courses for the general public are often offered by universities and colleges with continuing education programs. The instructors tend to take the gig for passion, not profit, and focus on the basics instead of complex trading strategies or software. In the Toronto area, both Ellen Roseman and Gail Bebee offer great courses. And other large cities across Canada have a similar selection. If doing something on your own time would work better, check out the Canadian Securities Course for Investors. The online curriculum and exercises are the same as at schools, but it's much cheaper than the industry version and there's no final exam (hooray!). But because it's online, you won't be able to discuss asset allocation with your classmates afterwards over beer at the campus pub.

MoneySense contributing editor **Bruce Sellery** is the author of two bestselling books, including *The Moolala Guide to Rockin' Your RRSP*, is a regular guest on *Cityline* and was the host of *Million Dollar Neighbourhood* on the Oprah Winfrey Network.

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Q&A

Journalist **Rebecca Traister** on the power of single women, the price of marriage and why we need to talk about mediocre sex

By **DANIELLE GROEN**
Photograph **LANDON SPEERS**

The word *spinster* might seem like a metaphorical dumping ground for all unmarried ladies, but back in colonial times, it referred to a very specific group: single women between 23 and 26 years old. Advance past that age without a ring and you became a "spiky thornback"—a bottom-dwelling fish that happens to be the only member of its genus. Turns out, surely to the dismay of the dipstick who coined the term, we are now a nation of spiky thornbacks. In 1994, the average Canadian woman married at age 26.26; that same year, for the first time, the marriage age ticked above the average age of having your first child (at 26.2 years), upending a very old notion of the order of things. Since then, we've never crossed back—women are having children later and getting married later still, if we're getting married at all.

In *All the Single Ladies*, Rebecca Traister, writer-at-large for *New York* magazine, investigates female life at a time when marriage is no longer the starting gun for adulthood nor the measuring stick for our worth. Left to their own devices, single women are earning more money in more fields than ever before, reshaping our

definition of family and having a significant impact on elections (in the U.S., they vote overwhelmingly for Democrats; in our last election, unmarried women broke for the Liberals). Here, Traister discusses what women get up to when they aren't absorbed with wifely duties.

Why did you want to write this book? I started thinking about this book in the weeks before I got married, when I was 35. It wasn't some swan song to my single years—it was more of a meditation on this thing I was about to do. My unmarried friends and I had such full adult lives, bursting with work, friends, money, commitments, responsibilities, pleasures, disappointments, all of it. Whereas for my mother, and many of her contemporaries, adulthood officially commenced with marriage. So the intention was to write about this radical rethinking of how adult women's lives are mapped out. However, after I had done about five minutes of research, I realized it wasn't as unprecedented as I had thought.

Why not? The relationship between independence from marriage and social, political and economic independence has a really long history. In the 19th century, when so many American men moved west or lost their lives in the Civil War, women—especially middle-class white women on the East Coast—were left without men to marry, so marriage rates plummeted. And when women's lives were not consumed by wifeliness and maternity, their energies went toward literally changing the nation.

So many single suffragettes! And abolitionists. It was unmarried, working women who staged the first walkouts as part of the labour movement. Women founded settlement houses together, which were hotbeds of economic reform. It was often single women who founded colleges and expanded education for women.

Why do you think their history isn't better known? I don't know the answer to that. But there's this incredible period where women are living singly, and it reaches its height right around the turn of the 20th century. After women get the right to vote in 1920, there's this massive, multi-tentacled push of women back into an early-marriage model. You have Teddy Roosevelt talking about how women need to reproduce as a patriotic duty. You get both singleness and lesbianism diagnosed as perversions. This is when dating is invented! Suddenly there's a suspicion of female bonds that are too close, and so young men and women are encouraged to spend time together romantically, socially and sexually.

But it wasn't just stuffy psychoanalysts who were suspicious of single women. I didn't realize how little room Betty Friedan left for them in second-wave feminism. It's hard to overemphasize how much of a norm early heterosexual marriage had become by the middle of the 20th century. It was suffocating. The way Betty Friedan framed it was about expanding life outside of marriage for women. Which was radical! And remains radical! But it wasn't a fundamental critique of marriage. Friedan was very unfriendly to single women. She sort of compliments Susan B. Anthony by saying, oh, she didn't turn into a bitter spinster with a cat. That was her version of an unmarried woman.

That's still a lot of people's version of an unmarried woman. And this is especially true for women who are living not in cities but in some rural, religious or immigrant communities, where early marriage is still the norm. Whether or not they're being told they're spinsters with a cat, they're getting social pressure—"What's wrong with you?" I write about a woman in my book who lives in Bismarck, North Dakota, and when she tells people she's not married, they say, "I'm sorry." Like it's an illness.

I will say there are also many other kinds of messages that are being sent that were not sent 20 years ago. It's terrible to rely on *Sex and the City*, but if you look at popular culture, it is now filled with single women who are glamorized. Shonda Rhimes' shows are full of this. Like on *Grey's Anatomy*, where Meredith and Cristina call each other "my person." There's a romance there. And it feels good to be able to say that our friendships can be our romances, that they can be our families.

You say there isn't really a way to recognize the crucial role that women play for each other — no ability to assign friends or non-traditional partners the responsibilities of next of kin, for example. Do you see that changing any time soon? Yeah, I do, especially as women, across classes, continue to have kids at higher rates outside of marriage. I think we're going to see more and more communal child-rearing situations. We're already seeing communal living situations—adults going in on houses together. As that becomes more common, we're going to have a population with needs that must be addressed. I think we're on the way to socially and culturally normalizing those relationships.

How much of the delay in marriage can be chalked up to cash? In communities where there is tremendous joblessness and poverty, where rates of depression and incarceration and addiction are high, marriage is a really risky deal. It's difficult to form stable partnerships that are going to be improvements in life. The programs that have been proven to boost marriage rates and lower divorce rates are all ones that expand welfare and bring people economic security. Of course, in privileged spheres—and we know this based on lived experience, history and about a bajillion studies—marriage impedes the speed at which women progress in their careers, and there are wage penalties for every child they have.

"It feels good to be able to say that our friendships can be our romances, that they can be our families."

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Not true for men! Men get the opposite. The earlier men marry, the faster they move in their careers, and they actually make more money when they have children. For women, there is an ingrained understanding that marriage is going to delay them professionally and impede them economically. I heard from so many young women, "I don't want to get married—men are just going to drag me down." They weren't necessarily saying it as some feminist statement—more like "It takes too much work to be in a relationship and I really want to establish myself in my career."

But once women establish themselves in their careers, it can be hard for them to step away, unless it's for a honeymoon or maternity leave. What can we do to change that, so single women don't burn out? We have a 24-hour work culture at the moment, and we're really at a burnout point. We're beginning to acknowledge how that is true for parents, but we don't acknowledge that single people—this was very true when I was a single person—are often called on to stay late when other people have to go home because they're doing work-life balance. And good! I don't mean to be critical of that. But single people have lives that are just as full and demanding—by many measures more, because you're doing it all by yourself. You're paying your bills, you're dealing with your family and friendships, you're fixing your bookcases, you are doing your laundry. There's no "Can you grab milk on your way home?" or "Can you rub my back?"

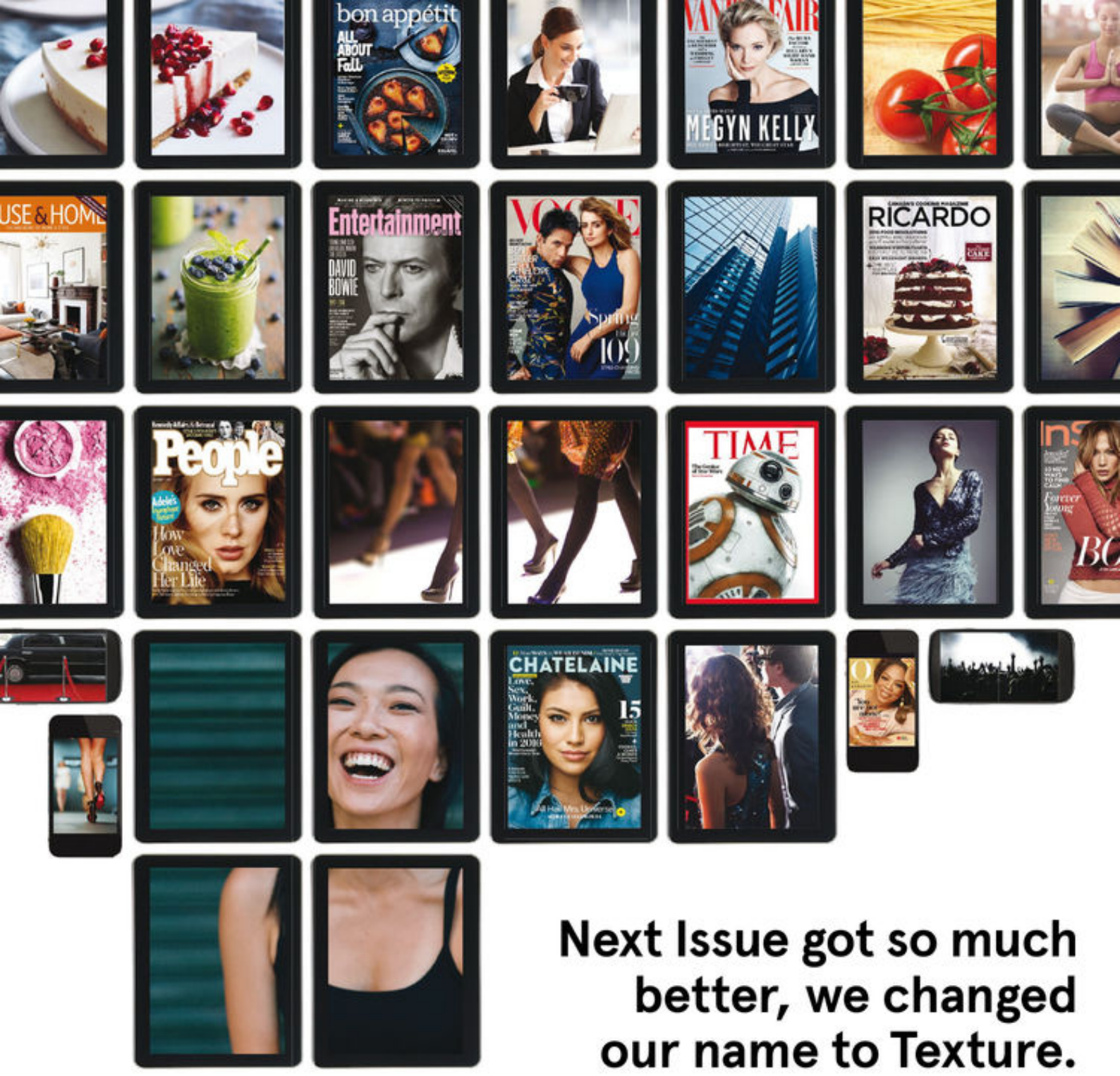
You can't balance your work-life balance off of someone else. I find it crazy that single people, who bear such an enormous burden for that stuff, are written off as less mature. A good partnership is a more immature way of life, as far as I'm concerned, because there's another person taking care of me.

Why did you get married? The institutional part? Largely because it was a chance to have a party in the middle of our lives. We were older, our parents were alive, it felt like a good idea.

Has your idea of marriage changed at all since then? No. I'm straight, with two kids, and I live in Brooklyn: I could not be more boring, bourgeois married. For me, the massive shift in perspective was in meeting and falling in love with my husband. I had been very, very single until I met him in my early 30s. I had years without a boyfriend, and I didn't have thrilling flings. I dated. But I'd never had a relationship that was good, that made my life better.

You wrote a piece last year for *New York* about how sex that's consensual can still be terrible, but we don't really address it. Why is it important for us to talk about bad sex? I don't know that I've ever gotten more mail from people than after I wrote that piece: "Oh my God, I've lived my whole life having pretty mediocre sex, and I've never been able to talk about it." So much of this comes from playing defence. We have anti-rape-culture activism, which is terrific. But in an effort not to be scolds, when we say we'd prefer it if men got better at not raping women, we make up for it by saying, "But this is not anti-sex! Women love sex!" And then if you're not having sex, or not having sex that makes you feel thrilled, you're made to feel not sexual—still one of the worst things you can say about a woman—and not a good feminist. It's this swamp of difficulty in terms of how to talk about these things.

What do you miss about your single life? Oh God, that's easy: I miss my friends! Which is not to say I don't see them, but the intimacies change, in part because we are not each other's whole sustenance anymore. Recently, I snuck off for lunch with one of my dearest friends. We were single together for a long time; we ate together three or four times a week, went to ball games and concerts and on vacation. Now we haven't seen each other, without our husbands and kids around, in more than six weeks. As soon as we began talking, I felt this wash of relaxation. And we began drinking. And I didn't want the pleasure of being together to stop. So we were incredibly irresponsible and just kept eating and drinking and talking. And it was wonderful! But there's a real cost. I was late with a story; she skipped a meeting. Having to steal time from places we can't afford to is a sign that we are missing each other.



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"Instead of using chips in cookies, chop a bar of chocolate into chunks."
—Claire Tansey, Food Director

food

Monster cookie

The only thing better than a plate of warm chocolate chip cookies is one giant one. Serve it like you would a pie—straight from the oven, with a scoop of ice cream.

Skillet Chocolate Chip Cookie
p 114

FOOD STYLING, MIRANDA KEYES. PROP STYLING, RAYNA SCHWARTZ.

photograph ROBERTO CARUSO

Nigella with food director Claire Tansey

Nigella gets back to basics

On her recent visit, Nigella spoke about the joys of simple cooking. Her new book celebrates food as soothing and uplifting, with recipes like a bowl of short-grain brown rice (her new fave ingredient) topped with avocado and ginger. "If I could," she says, "I'd eat everything out of a bowl."

Simply Nigella by Nigella Lawson, $45.

HOW TO BREAK IN YOUR CAST IRON

1.
Bake empty
A brand new pan needs to be seasoned. Wipe all over (including the handle and bottom) using a very small amount of vegetable oil and a paper towel. Bake the empty pan at 350F for an hour.

2.
Make bacon
Use the pan regularly to allow its coating to build and strengthen – frying bacon is particularly good for cast iron.

3.
No soap
For the first year, wash well with very hot water and a scrubbing brush (no soap). Each time, dry well, then wipe the inside with oil and paper towel again and heat on the stove for 3 minutes.

4.
Yes soap
Once the pan has developed a black, shiny, smooth surface, you can wash it with soap and water.

5.
Got rust?
Use stiff steel wool to scrub it away, then start again from the beginning.

NIGELLA AND TANSEY PHOTO, ANDREW TOLSON. CAST IRON PAN PHOTO, ISTOCKPHOTO.

GLOSSARY

Worcestershire
(woos-ta-sher): Anchovy-, molasses- and vinegar-based sauce named for the English county where it originated. Its savoury and full-bodied umami taste perks up almost any dish.

GEAR

The ultimate uni-tasker

Zojirushi NS-LAC05, $196, amazon.ca.

Electric rice cookers don't do much except cook rice. But they cook any type of rice (and many other grains) perfectly and keep it warm and tender until you're ready to dig in. No wonder they're standard in many home kitchens, and in restaurants too. This compact one easily tucks into a cupboard.

Apple Cranberry Crisp | *11 g of fibre*

Chicken Parmesan | *5 g of fibre*

Good things come from

Ultimate Burger | *11 g of fibre*

allbran.ca/recipes /allbranca

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love me tender

Braising is a simple, classic technique that turns humble ingredients into winter supper magic

Photography by ROBERTO CARUSO *Food styling by* MICHAEL ELLIOTT *Prop styling by* JEN EVANS

Chicken & Tomato Stew p 110

What is braising?

A method of cooking tougher cuts of meat and vegetables, braising starts with a pan-sear to add colour and flavour. The food is then cooked gently in barely bubbling liquid, covered, until extremely tender.

Slow Cooker
Sunday
Sauce p 110

Cider-Braised Pork with Caramelized Onions p 112
Creamy Polenta p 112

Cabbage with Bacon p 112
Braised Celery with Tarragon p 112

Vanilla & Red-Wine Pears p 114

Braising vessels

Almost any deep, wide pot with a tight-fitting lid can be used as a braiser. Here are a few of our favourites

Covered deep frying pan

Enamelled cast iron dutch oven

Lidded pot

Electric slow cooker

Campfire pot

Chicken & Tomato Stew

Serves 6

Prep 20 min; **total** 1 hour 15 min

8	skinless, boneless chicken thighs
2 tbsp	fish sauce
1½ tsp	granulated sugar
1 tsp	low-sodium soy sauce
½ tsp	balsamic vinegar
½ tsp	pepper
1 tsp	cornstarch
1½ tsp	canola oil
6	shallots, peeled and quartered
796 mL	whole tomatoes
¼ cup	water
¼ cup	sliced green onions

1. Combine chicken with fish sauce, sugar, soy, vinegar and pepper in a large bowl. Stir to coat. Let stand at room temperature for 15 min. Sprinkle cornstarch over chicken, stirring to coat.
2. Heat an extra-large non-stick frying pan over medium. Add oil, then chicken thighs. Cook until golden, 3 to 4 min per side. Add any remaining marinade to chicken.
3. Arrange shallots around chicken. Add tomatoes, breaking up with a wooden spoon. Stir in water. Boil, then reduce heat to medium-low and simmer, covered, until chicken is tender and mixture is saucy, about 35 min. Skim off any fat. Serve stew over rice. Garnish with green onions.

Per serving 185 calories, 26 g protein, 13 g carbs, 3 g fat, 2 g fibre, 777 mg sodium. Excellent source of vitamin C.

Korean Short Ribs

Serves 8

Prep 20 min; **total** 2 hours 55 min

12 to 15	dried shiitake mushrooms
1.5 kg	Korean-style short ribs, 2 in. thick and cut between bones
2 tbsp	all-purpose flour
1 tbsp	canola oil
8	garlic cloves, crushed
1	onion, quartered
1-in. piece	ginger, peeled and thinly sliced
¼ tsp	hot-red-chili flakes
900 mL	sodium-reduced beef broth
¼ cup	soy sauce
¼ cup	brown sugar
1	large carrot, peeled and cut into large chunks
1	daikon radish, peeled and cut into large chunks
1 tbsp	sesame oil
2	green onions, sliced
1 tbsp	toasted sesame seeds

1. Cover dried mushrooms with 1 cup boiling water in a small bowl. Soak until softened. Cut off and discard stems.
2. Pat ribs dry with paper towels. Lightly coat with flour. Heat a large pot over medium-high. Add oil, then ribs. You may have to do this in batches. Brown ribs, 2 to 3 min per side. Transfer to a plate.
3. Reduce heat to medium. Add garlic, onion, ginger and chili flakes. Cook for 30 sec. Add broth, soy and sugar. Scrape up and stir in any brown bits from bottom of pot. Return ribs and any juices to pot. Boil, then reduce heat to medium-low. Simmer, covered, for 2 hours.
4. Cut mushrooms in half. Stir carrot and mushrooms into pot. Continue simmering, covered, until the meat and vegetables are very tender, 40 min. Add radish during the last 30 min of cooking.
5. Drizzle with sesame oil and stir well. Transfer meat and vegetables to a serving dish. Boil sauce until reduced by half, about 10 min. Pour sauce over meat. Sprinkle with green onions and sesame seeds. Serve with rice.

Per serving 419 calories, 26 g protein, 19 g carbs, 28 g fat, 3 g fibre, 857 mg sodium. Excellent source of vitamin A.

Slow Cooker Sunday Sauce

Serves 10

Prep 40 min; **total** 8 hours 40 min

2 kg	beef roast, such as eye of round, blade or cross rib
½ tsp	salt
1 tbsp	canola oil
1 cup	diced pancetta or 3 slices thick-cut bacon, diced
1	medium yellow onion, diced (about 1 heaping cup)
1	celery stalk, diced (about ½ cup)
1	carrot, peeled and diced (about ½ cup)
550 g	sliced cremini mushrooms
3	large garlic cloves, coarsely chopped

To braise or not to braise?

The slow tenderizing effect of braising makes it perfect for tougher cuts of meat and winter vegetables

BRAISE

Ribs (back, spare, short)

Shoulder roasts (also called pot roasts or chuck roasts)

Shanks, especially lamb and veal

Brisket

Sturdy vegetables and fruit (cabbage, carrots, celery, onions, pears, apples)

DON'T BRAISE

Tenderloin of beef or pork

Skinless, boneless chicken or pork

Tender vegetables and fruit (zucchini, spinach, berries, bananas)

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156 mL	tomato paste
3 tbsp	granulated sugar
¼ tsp	hot-red-chili flakes
1 cup	dry white wine or dry vermouth
796 mL	whole tomatoes

1. Pat meat very dry with paper towels. Sprinkle with salt. Season with fresh pepper. Heat a large frying pan over medium-high. Add oil, then meat. Brown well on all sides, 3 to 4 min per side. Transfer to a slow cooker insert.
2. Return pan to medium. Add pancetta. Cook, stirring often, until almost crisp, about 3 min. Add onion, celery, carrot, mushrooms and garlic. Cook, stirring occasionally, until softened, about 8 min. Stir in tomato paste, sugar and chili flakes and cook for 2 min. Add wine and increase heat to medium-high. Add tomatoes and their juices. Boil for 1 min, then transfer to slow cooker insert. Cover with lid and cook until fork-tender, 8 to 10 hours on low.
3. Use tongs or a slotted spoon to carefully transfer the meat to a cutting board. Cover with foil to keep warm. Skim off any fat from the liquid and discard. If the sauce is watery (this depends on the cut of meat used), transfer to a large frying pan and boil for 15 min to thicken. If not, keep warm. When meat is cool enough to handle, slice and serve with sauce. Cut any remaining meat into strips or cubes and combine with remaining sauce. Toss with cooked rigatoni for another meal. Meat and sauce freeze well up to 2 weeks.

Per serving 388 calories, 52 g protein, 15 g carbs, 13 g fat, 3 g fibre, 601 mg sodium. Excellent source of vitamin B_6.

Cider-Braised Pork with Caramelized Onions

Serves 6

Prep 30 min; **total** 4 hours 5 min

1.5 kg	bone-in pork shoulder roast, scored in a cross-hatch pattern
1 tsp	salt, divided
2 tbsp	olive oil
4	medium onions, cut into rounds
500 mL	hard apple cider
2 cups	unfiltered apple cider
¼ cup	chopped parsley, optional

1. Preheat oven to 400°F.
2. Pat pork dry. Season with ½ tsp salt and fresh pepper. Heat a large, oven-safe heavy pot over medium-high. Add oil. Brown meat on all sides, 1 to 2 min per side. Transfer to a plate.
3. Discard fat, leaving 2 tbsp in pot. Reduce heat to medium. Add onions and cook, scraping brown bits from bottom of pan, until onions soften and start to turn golden, about 5 min. Add remaining ½ tsp salt and continue cooking until onions are caramelized, 6 to 8 more min.
4. Stir in both apple ciders and boil. Return pork, fat-side up, along with any juices to the pot and cover. Boil, then transfer pot to centre of oven. Braise for 10 min. Reduce heat to 325F and continue braising until meat is very tender, about 3 hours. Transfer meat to a cutting board. Cover with foil to keep warm. Scoop out onions into a bowl.
5. Skim off fat from liquid and discard. Boil liquid until reduced to 1 cup, about 25 min. Slice meat or pull it apart with 2 forks. Stir meat and onions into sauce. Serve with Creamy Polenta. Sprinkle with parsley.

Per serving 333 calories, 34 g protein, 21 g carbs, 12 g fat, 1 g fibre, 506 mg sodium. Excellent source of vitamin B_6.

Creamy Polenta

Serves 6

Prep 10 min; **total** 10 min

3 ½ cups	milk, divided
2 cups	water
1 cup	cornmeal
⅓ cup	grated parmesan
¼ tsp	salt

1. Stir 2 cups milk with water in a medium saucepan. Boil, then slowly whisk in cornmeal until thickened but still loose, 2 to 3 min. Remove from heat and let stand to completely absorb liquid, 2 min. Whisk in remaining 1½ cups milk, parmesan and salt. Serve with Cider-Braised Pork with Caramelized Onions.

Per serving 192 calories, 9 g protein, 28 g carbs, 5 g fat, 1 g fibre, 251 mg sodium. Excellent source of vitamin B_{12}.

Cabbage with Bacon

Serves 6

Prep 20 min; **total** 35 min

4	bacon slices, cut into 1-in. pieces
2	garlic cloves, sliced
10 cups	thickly sliced red or green cabbage, about ½ large head, divided
½ tsp	salt
¾ cup	low-sodium chicken broth
1 tsp	fresh thyme
2 tbsp	cider vinegar

1. Heat a large pot over medium. Add bacon and cook, stirring often, until crisp, 7 to 10 min. Use a slotted spoon to transfer bacon to a paper-towel-lined plate. Add garlic, then half of cabbage to same pot. Add salt and season with fresh pepper. Cook, stirring often, 1 min. Add remaining cabbage, then broth and thyme. Boil, then reduce heat to medium-low. Simmer, covered, until cabbage is tender, 15 to 20 min. Stir in vinegar and bacon.

Per serving 131 calories, 4 g protein, 6 g carbs, 11 g fat, 2 g fibre, 459 mg sodium. Good source of vitamin C.

Braised Celery with Tarragon

Serves 4

Prep 15 min; **total** 40 min

1 bunch	celery
3 tbsp	butter, divided
½ cup	white wine
1 cup	low-sodium chicken broth
⅛ tsp	salt
2 tbsp	finely chopped fresh tarragon leaves
1 tbsp	lemon zest
1 tbsp	lemon juice

1. Slice each celery stalk diagonally in half. Chop any leaves from the tops of the celery stalks and reserve.
2. Melt 2 tbsp butter in an extra-large pan over medium-high. Stir in celery until coated. Stir in wine. Boil for 3 min. Add chicken broth and salt. Season with fresh pepper. Boil, then reduce heat to medium-low and simmer, covered, until celery is tender and mixture is saucy, about 20 min.
3. Stir in tarragon, remaining 1 tbsp butter, and lemon zest and juice. Transfer celery

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and sauce to a platter and sprinkle with torn reserved celery leaves.
Per serving 127 calories, 3 g protein, 9 g carbs, 9 g fat, 3 g fibre, 470 mg sodium. Good source of vitamin A.

Vanilla & Red-Wine Pears

Serves 4

Prep 10 min; **total** 30 min

- 3 tbsp unsalted butter, divided
- 4 Bartlett pears, peeled, cored and quartered
- 1 ½ cups red wine
- 2 cinnamon sticks
- 1 vanilla bean, seeds scraped out and reserved
- 3 tbsp granulated sugar, divided
- ¾ cup 35% cream

1. Melt 2 tbsp butter in an extra-large non-stick frying pan over medium-high. Add pears and cook, flipping halfway through, 4 min. Stir in wine, cinnamon sticks, vanilla bean and seeds. Boil for 1 min. Reduce heat to medium-low and simmer, covered, flipping halfway through, until pears are tender, 7 to 8 min. Transfer pears to a large plate.
2. Boil sauce for 3 min. Whisk 2 tbsp sugar and remaining 1 tbsp butter into wine mixture until smooth.
3. Whisk cream with remaining 1 tbsp sugar in a medium bowl until soft peaks form. Drizzle pears with wine syrup. Top with whipped cream.
Per serving 388 calories, 2 g protein, 35 g carbs, 24 g fat, 4 g fibre, 23 mg sodium.

Monster cookie

FROM PAGE 101

Skillet Chocolate Chip Cookie

Serves 8

Prep 15 min; **total** 1 hour 5 min

- 2 ½ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup unsalted butter, at room temperature
- 1 ¼ cups lightly packed brown sugar
- 1 egg
- 1 ½ tsp vanilla
- 1 cup milk chocolate chips
- 1 cup semi-sweet chocolate chips
- vanilla ice cream, optional

1. Arrange rack in bottom third of oven. Preheat to 350F. In a medium bowl, use a fork to stir flour with baking soda and salt. In a large bowl, using a wooden spoon or an electric mixer, beat butter with sugar until creamy, about 1 min. Beat in egg and vanilla. Stir flour mixture into butter mixture until just combined. Mix in chocolate chips.
2. Spray a 12-in. oven-safe frying pan with oil. Scrape dough into pan, pressing evenly to the edges.
3. Bake in bottom third of oven until cookie is golden, about 35 min. Remove to a heatproof surface and let stand for 15 min. Cut into wedges and serve with ice cream.
Per serving 672 calories, 8 g protein, 82 g carbs, 37 g fat, 3 g fibre, 340 mg sodium. Excellent source of folate.

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The Dinner Plan

One shopping list, five easy weeknight meals

40 ***minutes or less***

FOOD STYLING, ASHLEY DENTON; PROP STYLING, RAYNA SCHWARTZ.

Monday

Spanish Carbonara with Arugula Salad

Ready in 25 min **Serves** 4

photography **ROBERTO CARUSO**

Use leftovers to make this

Tuesday
Poached Ginger Chicken & Noodles
Ready in 35 min **Serves** 4

Wednesday
Sesame Chicken Congee
Ready in 45 min **Serves** 4

Thursday
Shrimp & Green Bean Salad
Ready in 35 min **Serves** 4

Friday
Winter Panzanella
Ready in 30 min **Serves** 4

Grocery list

PRODUCE
- ☐ 1 small red onion
- ☐ 4 fresh shiitake mushrooms
- ☐ 6 Shanghai bok choy
- ☐ 2 cups green beans
- ☐ 1 head romaine lettuce
- ☐ 142 g arugula
- ☐ 1 fennel bulb
- ☐ 1 pint cherry tomatoes
- ☐ 1 bunch parsley
- ☐ 1 bunch oregano
- ☐ 1 bunch cilantro
- ☐ 1 green onion
- ☐ 1 knob ginger
- ☐ 1 head garlic
- ☐ 1 lemon
- ☐ 3 oranges

BAKERY
- ☐ 1 loaf Italian bread

PROTEIN
- ☐ 3 skinless, boneless chicken breasts
- ☐ 100 g cured chorizo sausage

DAIRY
- ☐ feta cheese
- ☐ parmesan
- ☐ 140-g log goat cheese
- ☐ 35% cream

DRY GOODS
- ☐ 900 mL low-sodium chicken broth
- ☐ 3 205-g pkgs precooked udon noodles
- ☐ long-grain rice
- ☐ 225 g tagliatelle
- ☐ slivered almonds

FROZEN
- ☐ 340 g frozen peeled shrimp

CHECK YOUR PANTRY
FOR olive oil, sesame oil, red-wine vinegar, sherry vinegar, soy sauce, hoisin, sesame seeds, hot-red-chili flakes, salt, pepper, 2 eggs.

MONDAY

Spanish Carbonara with Arugula Salad

Serves 4

Prep 15 min; **total** 25 min

225 g	tagliatelle
1	egg
1	egg yolk
¼ cup	finely grated parmesan, plus more for optional garnish
2 tbsp	35% cream
¾ tsp	salt, divided
100 g	cured chorizo sausage, finely chopped
1 tbsp	olive oil
2 tsp	sherry vinegar
142 g	arugula

1. Cook tagliatelle in a large pot of boiling water, following package directions but omitting salt, until tender, 10 to 11 min. Drain pasta, reserving ¼ cup of cooking water.
2. Whisk egg with egg yolk, grated parmesan, cream and ½ tsp salt in a medium bowl. Generously season with fresh pepper. Set aside.
3. Heat a large non-stick frying pan over medium. Add chorizo and cook until lightly golden, 3 to 5 min. Stir in pasta. Remove from heat. Stir egg mixture, then add, stirring quickly, to coat the pasta. Stir just until the egg mixture begins to thicken. Stir in enough pasta water to make the sauce creamy. Season with fresh pepper. Sprinkle with more parmesan if desired.
4. Whisk oil with vinegar and remaining ¼ tsp salt in a large bowl until combined. Add arugula and toss until coated. Serve with pasta.

Per serving 453 calories, 20 g protein, 44 g carbs, 22 g fat, 2 g fibre, 867 mg sodium. Excellent source of folate.

TUESDAY

Poached Ginger Chicken & Noodles

Serves 4

Prep 10 min; **total** 35 min

900 mL	low-sodium chicken broth
4	thick slices ginger
3	skinless, boneless chicken breasts, sliced in half horizontally
6	Shanghai bok choy, quartered
½ tsp	hot-red-chili flakes
3	205-g pkgs precooked udon noodles
4 tsp	hoisin sauce
2 tsp	sesame oil
½ cup	chopped cilantro

1. Boil broth with ginger in a large saucepan. Reduce heat to medium and add chicken breasts. Gently poach, flipping halfway, until cooked through, 8 to 10 min. Discard ginger. Transfer 4 chicken pieces to a cutting board and thinly slice. Reserve remaining 2 chicken pieces for Sesame Chicken Congee.
2. Add bok choy and chili flakes to broth and cook until almost tender, 1 min. Add udon noodles, discarding seasoning packets. Continue to cook, 1 to 2 more min. Strain and reserve broth for Sesame Chicken Congee. Return noodles to the pan with the chicken, bok choy, hoisin, sesame oil and cilantro. Toss to combine.

Per serving 377 calories, 32 g protein, 51 g carbs, 5 g fat, 4 g fibre, 617 mg sodium. Excellent source of vitamin A.

WEDNESDAY

Sesame Chicken Congee

Serves 4

Prep 10 min; **total** 45 min

4 cups	water
3 cups	reserved ginger chicken broth (from Poached Ginger Chicken & Noodles)
¾ cup	long-grain rice
4	fresh shiitake mushrooms, thinly sliced
2	reserved cooked chicken pieces, diced (from Poached Ginger Chicken & Noodles)
1	green onion, thinly sliced
1 tbsp	sesame seeds, toasted
	soy sauce (optional)
	sesame oil (optional)

1. Combine water with ginger chicken broth and rice in a large pot and set over high. Boil, covered, stirring occasionally, then reduce heat to medium. Gently boil, partially covered, until rice becomes mushy, 30 min. Stir in mushrooms and chicken pieces. Cook until heated through, 3 to 4 min. Ladle into bowls and top with green onion and sesame seeds. Drizzle with soy and sesame oil.

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THURSDAY

Shrimp & Green Bean Salad

Serves 4

Prep 25 min; **total** 35 min

3 tbsp	olive oil
2 tbsp	red-wine vinegar
1 tbsp	chopped oregano
1	garlic clove, minced
2 cups	trimmed green beans
340 g	frozen peeled shrimp, thawed
4 cups	thinly sliced romaine lettuce
1	small red onion, thinly sliced
1 cup	crumbled feta cheese
1 cup	halved cherry tomatoes

1. Whisk oil with vinegar, oregano and garlic in a large bowl until combined. Season with fresh pepper.
2. Boil a pot of water. Add green beans and shrimp. Cook until shrimp turns pink, about 3 min. Drain and rinse under cold water. Pat dry with a kitchen towel.
3. Add beans and shrimp to dressing, along with romaine and onion. Toss until coated. Add feta and tomatoes.

Per serving 326 calories, 25 g protein, 13 g carbs, 20 g fat, 3 g fibre, 554 mg sodium. Excellent source of vitamin A.

FRIDAY

Winter Panzanella

Serves 4

Prep 20 min; **total** 30 min

4 slices	Italian bread, preferably day-old, cut into 1-in. cubes
¼ cup	olive oil, divided
¼ cup	slivered almonds
1 tbsp	lemon zest
2 tbsp	lemon juice
⅛ tsp	salt
1	thinly sliced fennel bulb (fronds reserved)
¼ cup	finely chopped parsley
3	oranges, segmented
½ 140-g	log goat cheese, crumbled

1. Preheat oven to 400F.
2. Toss bread cubes with 1 tbsp oil on a baking sheet until coated. Season with fresh pepper. Bake for 5 min. Remove from oven and stir. Push bread to one side of pan. Add almonds to other side of pan. Return to oven and bake until nuts and bread are toasted, 5 more min.
3. Whisk remaining 3 tbsp oil with lemon zest, lemon juice and salt in a large bowl. Season with fresh pepper. Add toasted bread, fennel and parsley. Toss to coat. Divide among 4 plates. Top with toasted almonds, oranges, goat cheese and reserved fennel fronds.

Per serving 374 calories, 10 g protein, 36 g carbs, 22 g fat, 7 g fibre, 367 mg sodium. Excellent source of vitamin C.

Loose ends

How to use up leftover ingredients from this month's Dinner Plan

SLIVERED ALMONDS

CRISPY RICE TREATS

Melt 3 cups **mini marshmallows** with 2 tbsp **unsalted butter** in a large pot over low heat. Remove from heat. Stir in 2½ cups **crispy rice cereal,** ½ cup toasted **slivered almonds** and ¼ tsp **vanilla.** Spread in an oiled 8 × 8-in. baking dish. Top with ¼ cup chopped toasted **slivered almonds** and 2 tbsp melted **chocolate.** Chill for 10 min. Cut into squares.

SHIITAKE MUSHROOMS

UMAMI SPREAD

Sauté 8 finely chopped **shiitake mushrooms** with 2 finely chopped **shallots** in 1 tbsp **butter** in a medium pan on medium-high until browned, 7 to 8 min. Cool completely, 10 min. Stir in 250-g pkg **cream cheese,** at room temperature, along with ¼ cup finely chopped **parsley**. Serve on toast.

TAGLIATELLE

BROWNED BUTTER PASTA

Cook 2 cups finely diced **butternut squash** in 1 tbsp **butter** in a large pan over medium-high, 10 min. Stir in ¼ cup **butter** and cook until browned, about 2 min. Add ½ 450-g pkg cooked **tagliatelle** and ⅓ cup chopped toasted **hazelnuts** and toss until coated. Sprinkle with grated **parmesan.**

GREEN BEANS

ROMESCO BEANS

Whirl 3 roasted **red peppers,** patted dry, with ¼ cup each toasted **slivered almonds** and **olive oil,** 1 slice **Italian bread,** 1 tbsp **sherry vinegar,** 1 **garlic clove** and ½ tsp **salt** in a food processor until smooth. Spoon over steamed **green beans.**

FRESH OREGANO

SMASHED POTATOES

Toss 750 g cooked **baby potatoes** with 1 tbsp **canola oil,** 2 tsp finely chopped **oregano** and ¼ tsp **salt** on a baking sheet. Using your palm, press down each potato to flatten. Sprinkle evenly with ½ cup finely grated **parmesan.** Bake at 400F until golden, about 15 min.

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A DATE WITH...

Eugene Levy

Schitt's Creek *star, proud papa, consummate gentleman*

By COURTNEY SHEA

Age, height, hometown
69, 5'10", Hamilton, Ont.

Relationship status
Married since 1977

On-screen signature
Clueless goofball

Off-screen signature
Commanding eyebrows

Favourite quality in a woman
Sense of humour

Every good relationship needs
Respect

I spoke with your co-star Catherine O'Hara earlier today, and she described you as a gentleman in every way. Is that how you see yourself?
Well, I certainly hope so. I wouldn't want to see myself as anything but.

Are you a hold-the-door-open guy? Ever put your coat over a puddle in the rain?
Holding the door, definitely, and not just on a first date. I would draw the line at putting my coat over a puddle. She's on her own.

What's your ideal date? Dinner and dancing?
Not dinner and dancing, but dinner. My wife and I discovered early on in our marriage that neither one of us likes dancing. When we realized we don't have to dance if we don't want to, that was a big breakthrough for us.

Are you familiar with the expression "Netflix and chill"?
Well, I know Netflix, but no. What does it mean?

It's a modern euphemism. It's when you invite a date over to watch Netflix and chill, but what you're really saying is "Let's hook up."
Where does the Netflix fit in?

It doesn't. It's a guise. Let's watch Netflix and "chill."
Oh, okay, so let's curl up and turn the TV down.

Exactly. Back when you were single, what was your move when you wanted to get amorous?
Boy, that was a long time ago. I don't know whether I had a move.

Ah, the no-move move.
Yeah. By not having a move, you're almost subconsciously forcing the other person to initiate a move, which gives you more confidence to go ahead with your second move.

Speaking of Netflix, season 1 of *Schitt's Creek* is available there [season 2 is now airing on CBC]. Do you spend a lot of time considering the changing TV landscape?
Oh, you have to think about it. When we are putting our season together, we always have an eye for binge watching. We can now put little things in a show that people will be able to get from one show to another.

***SCTV* premiered 40 years ago. Any predictions on how we'll consume television 40 years from now?**
It's probably going to be in some kind of implanted microchip. You can be using your brain and then all of a sudden something will drop in front of your eyes. I don't know. I don't know how anybody can watch television on a watch.

Your son, Dan, is the head writer and showrunner on *Schitt's Creek*. Does that mean he is also your boss?
I wouldn't call him my boss. We are partners and I am the senior partner. I don't want to cross him, though. Down the line, I want him to be able to hire me.

There is a classic scene in *American Pie* where your character has "the talk" with his teenage son. Did you and Dan ever have a similar exchange?
We did. I remember he was maybe 10 or 11. I started to get into the birds and the bees with young Dan, and he quickly put his hands over his ears and said, "I don't want to hear about it." I remember thinking at the time, this is so funny. His reaction was just, "Ahhhhhhhhhhhh."

What is the best part about working with someone whose diapers you once changed?
It really comes out in pride—realizing that my son is now in show business and he's extremely talented. It's hard to describe. I guess another good thing is that he can't really tell me what to do because I'm his dad.

ILLUSTRATION, LEE ANDRIA CIANCI

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